

EVERYBODY'S GUIDE TO AYURVEDIC MEDICINE

First Edition

By The Same Author

MEDICINAL PLANTS OF INDIA AND PAKISTAN

A CONCISE WORK DESCRIBING PLANTS USED FOR DRUGS AND
REMEDIES ACCORDING TO AYURVEDIC, UNANI AND TIBBI
SYSTEMS, AND MENTIONED IN BRITISH AND AMERICAN
PHARMACOPOEIAS

In this volume the author has dealt with the trees and plants of medicinal utility. He gives us a glimpse of the riches possessed by India and Pakistan in the natural resources of their vegetation. The author has described all those plants and trees which have medicinal value according to Ayurvedic, Unani and Tibbi systems, and as mentioned in British and American pharmacopoeias. The author has dealt with those plants which can be used as abortifacients, alteratives, anthelmintics, antiasthmatics, antidiarrhoeics, antidysenterics, antiperiodics, antiphlogistics, aphrodisiacs, astringents, carminatives, demulcents, diaphoretics, diuretics, emmenagogues, expectorants, febrifuges, gargles, liniments, pectorals, purgatives, rubefacients, sedatives, stomachics, styptics, suppuratives, tonics, and many other drugs and remedies.

USEFUL PLANTS OF INDIA AND PAKISTAN

AUTHORITATIVE WORK ON TREES AND PLANTS OF INDUSTRIAL,
ECONOMIC AND COMMERCIAL UTILITY

In this work, the author has dealt with the trees and plants of industrial, economic and commercial value. He gives us a glimpse of the riches possessed by India and Pakistan in their vegetable population. A glance at Appendix I, where the plants are classified according to their uses, will show which plants produce the best timber, give the finest fibres, make the most efficient fire wood and charcoal. We learn from which plants we can get useful dyes and tans, fats, oils, detergents, and waxes, perfumes, essential oils and cosmetics, resins, varnishes, paints, lacquers, dammars, gums, mucilages, glues, cements. We are told which plants make good wood pulp and paper, those useful for making beverages, matches, fertilizers, which can be used successfully to make pesticides, insect repellents and weedicides.

EVERYBODY'S
GUIDE TO
AYURVEDIC
MEDICINE

*A Reperatory of Therapeutic Prescriptions
Based on the Indigenous Systems of India*

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Medicinal Plants of India and Pakistan
and
Useful Plants of India and Pakistan



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INTRODUCTION

Ayurveda is the science of health and healing and of life practiced by the ancient Aryans. This science is based on Atharva Veda, one of the oldest scriptures of the Hindus, about 3000 years old. It is an encyclopedia of ancient medical wisdom. In spite of its antiquity it is practiced even today by at least one fifth of the human race. Ayurveda is not considered to be merely a compendium of therapeutics based on herbal, animal and mineral resources of the world. It is claimed to be a philosophy of life and living; its object is to counteract the imbalance of the three essential elements *vata* (air), *pitta* (bile) and *kapha* (phlegm). These three elements constitute the *tridosha* from which the human body originates. This *tridosha* regularises the normal working of the human body.

During the last decade or so considerable interest has been revived in this ancient science of Ayurveda. There has been a great demand for the revival of the practice of the ancient system of healing as expounded in Ayurvedic classics. It is therefore considered opportune to place in the hands of the lay public a small volume which would give some idea of the prescriptions given by the ancients.

Because of the vastness of the sub-continent of our ancient India and its immense geographical, geological and climatological differences, there is not only an infinite variety of flora, but there is also a great variation in the growth characteristics of a particular species inhabiting different localities of the continent. The correct identification of the crude herbal drugs mentioned in the ancient classics presents considerable difficulties. They are all the greater because there is generally no uniform nomenclature used for the identification of plants which the ancients used as sources of drugs. It is common knowledge that the same species or drug is known by more than one name in Sanskrit and other Indian languages. At the same time it is not unusual for different species and drugs to be classified under one common name in different parts of the

country, it is for these reasons that there exists confusion in the identification and recognition of drugs mentioned by ancient writers. However it is to the credit of the modern generation of practitioners of this ancient science of medicine that many of the prescriptions given by the ancients are being still used by them. Tradition and practice have become their helpful guides in identifying drugs or of finding suitable substitutes.

Atreya Charaka Susruta and other exponents of Ayurveda did not have the science of botany as a handmaid. They have given descriptions of many of the drugs used by them but in the absence of any scientific classification and detailed information regarding the locality and climate it is not always possible to identify the plant correctly. Some of the plants or herbal drugs mentioned by the ancients cannot today be traced.

In dispensing Ayurvedic prescriptions certain general principles are usually observed. All parts of the drug plant do not always have the same medicinal value. Therefore only the part specified should be used. When the part of the plant to be used is not specifically indicated its root is used. If the root is thick the root bark is used. When more ingredients than one are prescribed and if the proportions have not been indicated equal quantities of the ingredients are to be taken. Medicinal preparations are normally made in earthen vessels unless a specific kind of a vessel has been indicated. In the absence of specific instructions the drug is usually taken in the morning. When the vehicle of the drug has not been specified it is usually honey. When an oil is to be used it is usually sesame (til) oil unless some other oil has been prescribed.

Herbal drugs at present in use in the indigenous system of medicine are not wholly indigenous. Some exotic drugs were introduced centuries ago by Muslim practitioners of the Unani system of medicine. Some herbal drugs were also brought into this continent from western countries. These have been absorbed in the modern Ayurvedic *materia medica*.

In Ayurvedic *materia medica* definite instructions regarding the dosage of the drugs to be used are usually

not available, there are also no fixed rules for the determination of the dosage, it is usually regulated by the Ayurvedic physician according to the effect it produces on the patient, taking into consideration his constitution digestive capacity, age, climate etc. As far as possible the dosages recommended by various Ayurvedic authorities and practitioners have been collected, they have been given in the text when describing the prescriptions, the dosage of individual drugs has been given, wherever possible, in Appendix III which gives a glossary of the drugs mentioned in the text

In the text many Ayurvedic terms have been used, these terms are fully explained in Appendix I. The standard preparations mentioned in the text are described in Appendix II. In Appendix III a glossary of the drug plants mentioned in the text is given, it gives the Latin names and their Sanskrit or Hindi equivalents or both. The parts of the plants used as drugs have been specified, wherever possible the dosage is also indicated.

The prescriptions given in the text have been collected from various sources which have been listed in the bibliography.

The reader interested in knowing more about the drug plants mentioned in the text is requested to consult the author's two publications, 1) *Useful Plants of India and Pakistan* and (ii) *Medicinal Plants of India and Pakistan*. Most of the plants mentioned in the text have been more or less fully described in these two books.

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Bombay

J. F. DASTUR

AYURVEDIC AND UNANI MEDICINES

ABDOMINAL TUMOURS

1 The mixture of *ghee* and the juice of fresh ginger is given for the cure of abdominal tumours

2 The fruit and the roots of the Citron (*bijora*) are an efficacious remedy for the cure of abdominal tumours

i) The juice of the fruit is given with *ghee*,

ii) The powder of the roots or of the decorticated seeds is given with the juice of the fruit

3 The mixture of the powder of long pepper (*pipli*) and carbonate of potash is given with the juice of fresh ginger and honey

4 The decoction of chebulic myrobalan (*harada*) boiled with pieces of the stem of the Rohita Creeper (*rohituka*) or the cow's urine which has been boiled with pieces of the stem of the creeper is an efficacious remedy, both these preparations are to be stored for a week before they can be used medicinally

5 i) The tender leaves of the Bonduc Nut (*putikaran*) and of Cassia fistula (*amaltas*) fried in *ghee* or oil are eaten as a pot herb

ii) The *swaras* of the leaves of the Bonduc Nut is given in doses of 1 to 2 oz with carbonate of soda.

6 The berries of *Salvedora persica* (*pilu*) are given with salt

7 The mixture of the *swaras* of the leaves of *Bauhinia tomentosa* (*ashmantaka*) powdered black pepper and half a dozen drops of sesame oil is given for three days

8 The powder of the *panchang* of *Boerhaavia diffusa* (*punarnava*) is given with cow's urine and rock salt

9 The decoction of the bark of the Dita Bark Tree (*saptaparna*) is a useful remedy

10 The medicated *ghee* or *ghee ghrita* prepared with 1 part of *ghee*, 2 parts of the *swaras* of emblic myrobalan (*amla*), 2 parts of sugarcane juice and 1 part of chebulic myrobalan (*harajala*) is given for the cure of abdominal tumours

11 Long pepper (*pipili*) is a very useful drug for the cure of abdominal tumours, the berries are soaked for some time in the water to which has been added the ash of the wood of the Flame of the Forest (*palasa*), the berries are then fried in *ghee*, three such fried berries are given three times a day with honey and *ghee*

12 The extract or *kshara* of *Achyranthes aspera* (*apamarga*), *apamargkshara* is given in doses of 6 to 12 grains with *gur* for the cure of abdominal tumours

13 The following standard preparations are administered for the cure of abdominal tumours

- a) *dadimadya ghrita*,
- b) *draksha ghrita*,
- c) *lingashtaka ghrita*, to be given with buttermilk or at meal time with rice and *ghee*

ABSCESSSES, BOILS, ETC

See 'Skin Diseases—B'.

ABORTIFACIENTS

1. The decoction of the root bark of the Cotton Plant contracts the uterus and causes an abortion, the decoction is made by boiling 4 oz of the root bark in 40 oz. of water till the quantity is reduced to half, this decoction is given in 2 oz doses every half hour or so till the desired result is obtained.

- 2 i) To cause an abortion the bark of the Horse Radish Tree (*shigru*) is given in half ounce doses.
- ii) The pessary of the bark or of the gum from the stem dilates the os uteri and causes abortion.

3 The paste made of the seeds of custard apple or the milky juice of the green unripe papaya fruit applied on the os uteri causes abortion,

4- The paste made of the roots of *Solanum nigrum* (kaka machi) and the roots of *Adhatoda vasca* (vaca) with water applied below the navel acts as an abortifacient, the foetus is discharged in a short time

5 Abortion in the very early stages of pregnancy is brought about if the macerated pulp of one green unripe and half grown pineapple is taken with a little salt

6 The seeds of *Nigella*sativa* (krishnajiraka) taken in half ounce doses act as an abortifacient

7 The root bark of *Plumbago zeylanica* (chitraka) introduced in the os uteri causes abortion

ABORTION

See *Diseases of Pregnancy and Child Birth—A*

ACIDITY

See *Disorders of The Stomach and Intestines—B*

ALTERATIVES

(Drugs which correct disordered metabolic processes and promote a favourable change in the disordered functions of the body)

1 Powdered liquorice root (madhuka) is given with milk as an alterative

2 The infusion of the powder of the seeds or the *swaras* of the seeds of the Gum Kino Tree (bijasar) is a valuable alterative, the infusion is made by soaking the powdered seeds in water overnight, the strained liquid is taken the following morning

3 The powder of long pepper (pipili) is useful as an alterative a mixture of three fourths of an ounce of the powder and honey is applied on the inner sides of an iron vessel overnight the following morning the mixture scraped from the sides of the vessel is eaten

4 1) The decoction of the bark of *Albizzia lebbek* (sirisha) is taken as an alterative

- u) The powder of the dry bark taken daily in doses of 15 grains with 1 to 2 oz of *ghee* is an excellent alterative

5 As an alterative the bark of *Terminalia tomentosa* (asana) is taken with milk regularly

6 *Gum ghata* the gum resin that exudes from the trunk of *Anogeissus latifolia* (dhawa) is an efficacious alterative the mixture of the gum and honey is kept overnight in an iron vessel and taken with milk the next morning

- 7 i) The *swaras* of the herb of *Centella asiatica* (brahmi) is taken with milk as an alterative

ii) The powder of the shade dried leaves is given in 5 to 10 grain doses three times a day

iii) The decoction of the herb is given in 1 to 2 oz. doses the decoction is prepared by boiling 1 oz of the herb in a pint of water for about 15 minutes

- 8 i) The root of the *Costus* (kuch) is a very efficacious alterative it is particularly recommended in chronic skin diseases and rheumatism The inner sides of an iron vessel are lined overnight with a mixture of honey *ghee* and 45 grains of the powder of the root this mixture is taken the next morning

ii) The infusion made of 4 drachms of the fresh root and 1 drachm of powdered cardamoms in 4 oz of water is taken every half hour

9 The *swaras* of *Eclipta alba* (bhangra) taken in 180 grain doses every morning for a month invigorates the body, milk diet is recommended

10 The mixture of equal parts of the berries of *Embelia ribes* (vidanga) and liquorice root (madhuka) taken regularly for a month is an efficacious alterative the dose may be gradually increased the diet recommended during this period is rice, *ghee* lentils and emblic myrobalan (amla)

11 As an alterative the powder of the root bark of *Calotropis gigantea* (akda) is given in doses of 3 to 10 grains three times a day

- 12 i) The powder of the *panchang* of *Solanum nigrum*

(kakamachi) taken either with *gur* or long pepper (pipli) or black pepper is an efficacious alterative

- ii) The *swaras* of the *panchang* is taken with cooked rice
- iii) The *swaras* is slowly heated in an earthen vessel till the green colour turns reddish brown, the cold *swaras* is strained and given in doses of 1 to 2 oz every morning
- iv) The young tender shoots of the plant are eaten as a pot herb

This herb is particularly useful in chronic skin diseases.

13 The powder of emblic myrobalan (amla) is taken with sugar as an alterative

- 14 i) One or one half of the hard and woody type of the emblic myrobalan (harada) is taken as an alterative
- ii) 15 to 30 grains of the half mature fruit is equally efficacious

15 Long pepper (pipli) is an efficacious alterative in many diseases, especially, bronchitis, phthisis, asthma, abdominal tumours etc

- i) The berries are given as described in "Abdominal Tumours No 11 .
- ii) The berries are taken in a special way known as *pipli wardhman*, 10 berries are taken the first day with milk, the number of berries is increased every day by 10 and also the quantity of milk till the tenth day, during these ten days 500 berries will have been taken, then from the eleventh day the number of berries is decreased by ten and also the quantity of milk, thus a thousand berries will have been taken during this period of nineteen days, this method of taking long pepper is particularly recommended in paraplegia chronic cough enlargement of the spleen and liver, phthisis, abdominal tumours etc

16 The seeds of the Water Cress (ahliv) are taken as an alterative either in the form of a decoction or infusion

- 17 i) In skin diseases, syphilis, chronic rheumatism, de-

bility etc the infusion of the Indian Sarsaparilla (ananta) is given as an alterative

- 11) The decoction of the root is given in doses of 1 to 2 ounces

18 The decoction of *Onosoma bracteatum* (gaozaban) is given in 2 to 4 oz. doses in rheumatism, syphilis and leprosy as an alterative and tonic

19 In rheumatism and syphilis the finely powdered roots of *Argyrea speciosa* (samudrashosh) is given with the juice of emblic myrobalan (amla) honey and ghee as an alterative

20 In scrofulous and venereal diseases a tablespoonful of the *swaras* of the leaves and roots of *Clerodendrum inermis* (sangkupi) is taken as an alterative, a little castor oil may be added to the *swaras*

21 As an alterative in wasting diseases such as phthisis, syphilis etc the compound powder made up of half an ounce of long pepper (pipili) one fourth of an ounce of cardamoms, one eighth of an ounce of cinnamon 2 oz. of sugar and 1 oz of bamboo manna (tabashir) is given in one drachm doses.

AMENORRHOEA

See "*Diseases of the Uterus and the Vagina—C I*"

ANAEMIA

1 The decoction of powdered liquorice root (madhuka) given with honey is highly recommended

2 The mixture of equal parts of the powder of *Abutilon indicum* (kanghi) and of the root of *Plumbago zeylanica* (chitraka) is taken regularly in 180 grain doses with hot water for the cure of anaemia plain food is to be taken

3 For the cure of anaemia the decoction of emblic myrobalan (amla) mixed with the powder of the root of *Plumbago zeylanica* (chitraka) is taken at night with cow's milk three parts of the decoction are mixed with one part of the root powder

4 The juice of emblic myrobalan (amla) with black raisins

or with honey and sugar is very efficacious in anaemia, if taken regularly, the food is to be plain and nutritive.

5. In anaemia due to liver disorders the mixture of three fourths of an ounce of the powder of the Turpeth Root (nibhotar) and about 2 oz of sugar taken with milk is very efficacious.

6 The following confection is given in anaemia: 10 parts each of almonds, pistachio seeds, chilgoza (the seeds of *Pinus gerardiana*) and poppy seeds (khaskhas), 5 parts of saffron, 1 part of camphor and 50 parts of sugar.

7. The powder of the whole plant of *Alocasia macrorrhiza* (kasalu) in 90 grain doses is given with milk in anaemia.

8 The powder of the *panchang* of *Luffa echinata* (dev-dali) is given in 75 grain doses with water or milk in anaemia, this drug has to be taken regularly for a month.

9. The powder of the *panchang* of the shade dried plant of *Eclipta alba* (bhanga) mixed with an equal quantity of sugar is given in about 2 oz doses in anaemia.

10 *Galo satva* given with *ghee* and honey is an efficacious remedy in anaemia.

11. The decoction of *Pedaliump murex* (gokshuraka) is given with *ghee* and honey in anaemia.

12 The mixture of the following ingredients macerated together is given with milk in anaemia: a handful of the leaves of *Phyllanthus niruri* (bhumiyaamalki), 3 leaves of castor oil plant, 5 cloves, a small piece of conch (smaller than a tamarind seed), 7 black peppers, cumin seeds (jira) and a few leaves of Bonduc Nut (putikaranj).

13. The following preparation is given twice a day for a week for the cure of anaemia: a handful each of pomegranate leaves and the leaves of *Phyllanthus niruri* (bhumiyaamalki) are soaked in lemon juice overnight; the next morning these leaves are crushed in the juice and a little powder of cowrie is added, the strained mixture is used. This juice should be prepared fresh every day.

14 A few grains of the powder of the leaves of the Indian Senna (senna) are taken mixed with the juice of a ripe mango in anaemia.

15 i) Chebulic myrobalan (harada) is very useful in anaemia 45 grains of the powdered myrobalan are given with a little honey and ghee

ii) The myrobalan is soaked in cow's urine for three weeks and is then dried in shade, one such fruit is given every day

16 The medicated ghee or ghee ghrita prepared with ginger is given in anaemia

17 The decoction of any one of the following drugs taken with honey every morning for some time is an efficacious remedy in anaemia

- i) *Triphala* ii) *Tinospora cordifolia* (gudunchi) iii) Berberries aristata or *B. asiatica* (daruhadrta) or iv) The Neem Tree (nimba)

18 The mixture of equal parts of *shilajit* honey chebulic myrobalan (harada) Embelia ribes (vidanga) and sugar well macerated together is given with honey in anaemia

19 Long pepper (pipili) taken according to the method known as *pipili wardhaman* (see Alternative No 15—ii) is very efficacious in anaemia

20 When anaemia is due to liver disorders the patient should be given mango juice with milk his diet should consist of spinach onions milk and honey

21 The following standard preparations are given for the cure of anaemia

- a) *talisadi churna*
- b) *vaidyangadi churna* the powder is given in 180 grain doses with hot water
- c) *triphaladi kwath* the decoction is given with honey,
- d) *dadimadya ghrita*,
- e) *draksha ghrita*
- f) *yavanibhandav churna*
- g) *navayasa churna*

ANTHELMINTICS

(*Vermifuges, drugs which kill intestinal worms*)

A—GENERAL

1 The fresh seeds of the Flame of the Forest (palas) have excellent anthelmintic properties, especially for expelling roundworms and tapeworms

- i) The powder of the decorticated seeds is given in about 7 grain doses three times a day with rice water
- ii) The fresh juice of the seeds or the paste of one or two seeds is given with rice water, honey or milk.
- iii) The mixture of equal parts of the seeds and berries of *Embelia ribes* (vidanga) is taken in 90 grain doses with buttermilk, it is advisable to take a purgative the following day

2 For expelling intestinal worms *Embelia ribes* (vidanga) is a specific, this drug is particularly useful for expelling tapeworms Before giving this drug the bowels should be cleared by a purgative, a purgative should also be given 24 hours after administering the drug

- i) The powder of the dry berries is given in the morning in 1 to 4 drachm doses with either honey, curds, buttermilk or lemon juice, the dose for a child is 2 drachms
- ii) The infusion of the powdered berries is given with honey.
- iii) The decoction of the berries is given with *gur*, 1½ oz. of the dry berries are boiled in 2 lb of water till the quantity is reduced to 8 oz, 1 oz of *gur* is added to the decoction, 1 oz. of this mixture is given two or three times a day.

3. The *swaras* of the leaves of the Indian Coral Tree (mandar) is given in 2 oz doses with honey as a purgative and anthelmintic for expelling threadworms, roundworms and tapeworms

4 One to 3 drachms of the juice of emblic myrobalan (amla) is given with honey

5 The glandular hairs known as kamala powder on the fruits of *Mallotus philippensis* (kamala) are an excellent anthelmintic for expelling intestinal worms including tape worms kamala powder is given in doses of 2 to 3 drachms with mucilage or honey curds milk or gruel the dose may be repeated several times at an interval of three hours till the desired result has been obtained no purgative is required to be given after the treatment as the powder is both an aperient and anthelmintic The powder may cause nausea and griping

6 The following compound powder is given for expelling intestinal worms including tape worms equal quantities of kamala powder (the glandular hairs on the fruit of *Mallotus philippensis*) the berries of *Embelicribes* (vidanga) chebulic myrobalan (harada) impure carbonate of potash and rock salt are powdered together the powder is given in doses of about a drachm with buttermilk

7 The Bonduc Nut (putikaranj) is an effective anthelmintic.

- i) The powder of the decorticated seeds is mixed with an equal quantity of the powder of black pepper the finely powdered mixture is strained through cloth the dose for an adult is 15 to 30 grains three times a day
- ii) The powder of the roasted seeds is taken with *ghee* along with this treatment the anus of the patient is exposed to the smoke from burning rice husks to accelerate the expulsion of the worms
- iii) The seeds and fried asifloet da are roasted together the powder of this mixture is given with common salt
- iv) The root bark is given in 10 grain doses as an anthelmintic
- v) The juice of about 2 to 5 very tender leaves expressed with a little water and strained through cloth is given in doses of 20 to 45 grains to a child according to age instead of the juice a chutney of the fresh leaves may be given with salt to a child

8 The seeds of *Centratherum anthelminticum* (somraji) are very useful as an anthelmintic.

- i) One to one and a half drachms of the powder of the seeds are given with honey followed by another similar dose a few hours later, an aperient is given the next morning, for children the dose of the powder is 10 to 20 grains, this drug is particularly useful for expelling roundworms.
- ii) The infusion of 10 to 30 grains of the powdered seeds is a certain anthelmintic.

9. The Conessi Bark (kurchi) is very efficacious as an anthelmintic.

- i) The powdered bark is given in doses of 45 to 90 grains.
- ii) The mixture made of 30 grains of the finely powdered bark, 180 grains of the *swaras* of mint (phodina) and a little fried asafoetida is given twice a day, the dose for adults is one big spoonful and for children one teaspoonful.
- iii) The powder of the seeds is given in 45 grain doses with milk, the addition of a little fried asafoetida increases the efficacy of the powder as an anthelmintic.

10 The powder of the root-bark of *Calotropis gigantea* (akda) is given in 6 grain doses for expelling intestinal worms.

11. *Shilajit* taken with honey or with milk and sugar acts as an anthelmintic

12. i) The *swaras* of the leaves of the Neem Tree (nimba) or a bolus of the macerated leaves mixed with a little fried asafoetida and honey is taken for expelling worms
- ii) The oil extracted from the seeds is given in 4 to 10 drop doses.

13 The fresh seeds of pumpkin (petha) or of red gourd (kaddu), after removing their seed-coats, are a very efficacious remedy for expelling intestinal worms, including tapeworms.

- i) One ounce of the fresh shelled seeds is macerated with a little water and taken in the morning on an

empty stomach, a purgative is taken a few hours later to expel the dead worms

- ii) Two to 4 oz of the shelled seeds are macerated in milk, the strained mixture is given with honey, the following day a brisk purgative is given to expel the worms
- iii) The oil expressed from the seeds is given in half ounce doses at intervals of half an hour a purgative is given after the oil has been taken a few times

14 The decoction either of i) *Pedalum murex* (gokshu raka) with the addition of carbonate of potash ii) *emblic myrobalan* (amlā) with the addition of *gur* or iii) *Dolichos biflorus* (kulitha) with the addition of rock salt is a good anthelmintic

15 The *swaras* of *dbatoora* leaves is given in doses of 5 to 6 drops with buttermilk for expelling intestinal worms

16 The powdered mixture of 180 grains of camphor and 90 grains of saffron is very efficacious as an anthelmintic, this mixture is given in doses of 6 grains with *gur*, morning and evening till the worms are expelled

17 The mixture of equal parts of the *swaras* of the Sweet Basil (*habaitulsi*) and that of mint (*phod na*) is an efficacious anthelmintic the dose of the mixture is one spoonful to be taken each time morning and evening

18 *Dikamals* taken with sugar is an excellent anthelmintic especially for roundworms

19 The *swaras* expressed from the fresh tender shoots of the aerial roots of the Banyan Tree (*vata*) is given as an anthelmintic for three successive days

20 The infusion of coriander seeds (*dhanya*) mixed with the *swaras* of the leaves of *Ruta graveolens* (*sitav*) is very efficacious as an anthelmintic, a handful of coriander seeds slightly bruised is infused in one pound of water over night one spoonful of the strained infusion is taken with a few drops of the *swaras*

21 The powder of the shelled seeds of mango is taken in 20 to 30 grain doses as an efficient anthelmintic especially for roundworms

22 The *swaras* expressed from the fresh leaves of *Nyctanthes arborescens* (*parijataka*) is given with a little sugar to children for expelling intestinal worms, upto about 60 grains of the *swaras* are given at bed time followed by a dose of a purgative the next morning

B—FOR ROUND WORMS, THREAD WORMS, WHIPWORMS, ETC.

In addition to the anthelmintics mentioned in the Section "A—General the following anthelmintics are useful for expelling roundworms whipworms, threadworms and similar other intestinal worms

- 1 i) The root bark of the Neem Tree is a specific for round worms, the powder of the fresh root bark is given in doses of 20 grains
- ii) The decoction of the root bark is given in one tablespoonful doses every hour or two hours or three hours after the second or third dose a purgative should be given, the decoction is made by boiling 2 oz of the root bark in a pint of water till only half a pint remains

2 The fresh milky juice of the unripe papaya fruit is an excellent drug for expelling roundworms, to the mixture of one tablespoonful each of the milky juice and honey 3 to 4 table spoonfuls of boiling water are gradually added, this mixture, made slightly hot is taken in one dose by adults two hours later a dose of castor oil mixed with lime juice or vinegar is taken, if necessary the treatment is repeated the next day

For children between 7 and 10 years old half the dose recommended for adults is given, for children under 3 years a teaspoonful of the mixture is given

- 3 i) The *swaras* of *Ipomoea reniformis* (*akhupani*) given in doses of 90 grains to 1 oz with honey expels round worms
- ii) The powder of the dry leaves given in doses of 7 grains with honey is equally efficacious

4 *Aristolochia bracteata* (*ladamani*) is very efficacious for expelling roundworms

- i) The infusion made by soaking half an ounce of the lightly pounded dry plant in 10 oz. of boiling water is given in 1 to 2 oz. doses
- ii) The powder of the herb is given in 90 grain doses
- iii) The *swaras* of the fresh herb is given in 1 oz. doses to adults and 90 grain doses to children

5 *Artemisia maritima* (kirmala) is a specific for expelling roundworms.

- i) The flowering tops and the very tender branches, made into a very fine powder, are given with *gur* or enclosed in a *pan bidda* (a collection of coarsely powdered betel nut, cloves, cardamoms, catechu the paste of quick lime, etc. wrapped in betel leaves), the drug is preferably given at bed time followed by a purgative the next morning, the dose of the drug for a child is 4 to 10 grains and for an adult 60 to 120 grains, it is not advisable to give larger doses as they cause ill effects
- ii) The compound decoction of the flowering heads and young branches and mint (*phodina*) is given in 2 drachm doses
- iii) The compound powder of 1 drachm of the flowering heads and young branches, 1 drachm of the dry berries of *Embelia ribes* (*vidanga*) and 3 drachms of sugar is given to adults in 2 to 3 drachm doses, and to children in 4 to 6 grain doses

6 The powder of the root bark of the Pomegranate Tree is very efficacious for expelling round worms, the powder is given in 90 grain doses with sugar, morning and evening, followed by a purgative the next morning

7 For expelling small worms the mixture of the juice of mint (*phodina*) and of *Artemisia maritima* (*kirmala*) is efficacious

8 To expel the worms from the rectum of a child the rectum should be exposed to the smoke from the seeds of *Abutilon indicum* (*kanghi*) placed on live charcoal

9 For expelling threadworms from the lower bowels a rectal enema of the emulsion of *asafoetida* is very efficacious, for adults the emulsion is made by mixing 30 grains of the

gum with 4 oz of water, for a child the strength of the emulsion is one fourth to half of the above

10 The standard preparation *triphaladi kwath* is given as an anthelmintic for round worms, thread worms, etc

C—FOR TAPEWORMS

1. See "Anthelmintics A General" Nos 1, 2, 3, 5, 6, and 13

2. The dried berries of the Persian Lilac (*bakayan*) pickled in whisky are very useful for expelling tapeworms

3 In the case of tapeworm infection the bark of the Pomegranate Tree is a specific, the root bark is more efficacious than the bark of the stem

- i) A decoction is made by boiling 2 oz of the fresh or dried bark with the addition of aromatics like cloves, cinnamon, etc in 2 pints of water till the quantity is reduced to half, 3 to 6 oz of the strained decoction are given two to three times at an interval of an hour to an adult, for a child the dose is 1 to 2 oz, after the last dose has been taken a purgative of castor oil is given, this treatment is very efficacious, though it may sometime sicken the stomach
- ii) Two ounces of the fresh root bark are soaked in a pint of water with the addition of aromatics like cloves, cinnamon, etc for six hours, the bark is then macerated in the infusion before it is strained, the strained infusion is boiled till it is reduced to 10 oz, this boiled infusion is given in 2 oz doses each time every two hours, before giving this treatment the patient should be given the full dose of a purgative, the first dose of the boiled infusion should be given on an empty stomach and no food should be given till the whole quantity has been administered, a second purgative is given after the end of the treatment

4 The seeds of *Peganum harmala* (*harmal*) are an efficacious remedy in tapeworm infection, the seeds are given in the form of a powder or decoction or infusion,

ANTIDOTES

(Drugs which counteract poisons)

A—VEGETABLE POISONING

I—GENERAL

Emetics are usually given to remove the poison from the stomach—*See Emetics No 17*

II—POISONING DUE TO ACONITE (*atishak*)

One of the following preparations is given to the patient

- a) The mucilage from the seeds of quince (*amrith phala*) infused in water, the mucilage is given with butter, *ghee* and milk
- * b) The mixture of camphor and water
- c) Hot milk or milk with the addition of the juice of the whole plant of *Amaranthus polygamus* (*chaulari*)
- d) The hot mixture of the juice of the bark of *Ficus racemosa* (*gullara*) and *ghee*
- e) The mixture of 4 oz. of the juice of the inner bark of the Jambul Tree (*jambu*) and an equal quantity of *conjee*
- f) Eight grains of fried *asfoetida* with *ghee*

III—POISONING DUE TO ALCOHOL

1 Dates are macerated in water, the strained liquid is given to counteract the effects of alcohol

2. Two to four ounces of the juice of pumpkin (*petha*) are given with *gur*

IV—ARECA NUT POISONING

A drink of cold water or of water mixed with *gur* and sugar is given

V—POISONING DUE TO *BHANG* AND *GANJA*
(INDIAN HEMP)

One of the following drugs is given

- a) Rice water or cooked rice with curds or butter

- b) The seeds of Pigeon Pea (arhar) macerated in water;
- c) The paste of the roots of *Celosia argentea* (sufaid murgha);
- d) Milk with powdered ginger;
- e) Tamarind water;
- f) The fruit or leaf juice of Guava Tree (amrud).

VI—COWHAGE (KINVACH) POISONING

A mixture of *ghee*, sugar and honey is given

VII—POISONING DUE TO CROTON OIL, CASTOR OIL, SEEDS OF STRYCHNOS NUX-VOMICA (KUCHLA), ETC.

1. Lemon juice is one of the best antidotes in poisoning due to croton oil, etc., As soon as the symptoms of poisoning are noticed 4 to 5 oz. of lemon juice mixed with an equal quantity of *conjee* or water should be given; this treatment should be followed by a dose of castor oil.

2. The powder of coriander seeds (dhanya) mixed with curds and sugar is given.

3. Cardamoms macerated with curds are given

4. Half a pound of the juice of the stalks of betel leaves are given for three days.

5. Enough *ghee* should be given to act as an emetic.

VIII—DHATOORA POISONING

Any one of the following drugs is given:

- i) Milk with vinegar made from grapes;
- ii) The juice of brinjal (bagun) in about 2 oz doses;
- iii) Cow's urine mixed with sugar;
- iv) The decoction of cotton pods and seeds;
- v) Water mixed with either curds, *ghee* or sesame oil;
- vi) Cooked rice, curds and the root-stock of the Sweet Flag, (vacha);
- vii) Half a pound of milk with half an ounce of sugar.

IX—OPIUM POISONING

Any one of the following drugs is given

- i) Emetics such as powdered mustard seeds, the infusion of the fruit of the Soap nut Tree (*rittha*) etc.
- ii) Fried *asafoetida* in doses of 45 to 60 grains mixed in milk or water
- iii) The mixture of *ghee* and *borax*
- iv) The *swaras* of the shoots of *Tinospora cord folia* (*godanthy*)
- v) The decoction of the bark of the Pipal Tree,
- vi) The juice or pieces of Pumpkin (*petha*)

X—TOBACCO POISONING

The juice of onions is administered in tobacco poisoning

XI—MISCELLANEOUS

Blisters caused by marking nut (*bhilavan*)

- 1 The paste made of sesame seeds (*til*) with butter or milk is applied over the blisters
- 2 The paste made of the kernel of chebulic myrobalan (*harada*) is applied over the blisters.
- 3 The paste made of the herb of Coriander (*dhanya*) is applied
- 4 *Malai* (the thick layer formed on the top of boiled milk when it gets cold) is a useful application over the blisters.
- 5 The mixture of macerated almonds and coconut oil is applied
- 6 The juice of the leaves of *Cassia tora* (*chakund*) or of *C fistula* (*amaltas*) is applied

B—METALLIC POISONING

I—ARSENIC POISONING

Any one of the following treatments should be given

- a) The paste of catechu in cow's milk
- b) Repeated doses of the mixture of catechu and water
- c) The juice of neem leaves,

- d) A pound of milk to which $1\frac{1}{2}$ oz. of the juice of the leaves of the Horse Radish Tree (shiguru) has been added,
- e) The infusion of soap nut (ritha),
- f) The *swaras* of the whole plant of *Amaranthus polygamus* (chaulai) with sugar,
- g) The juice of the Plantain Tree in 8 oz doses,
- h) The decoction either of chiretta or the Maiden Hair Fern (hanspadi),
- i) Ninety grains of powdered black pepper mixed with 4 oz. butter,
- f) The infusion of black pepper—one part in 80 parts of boiling water,
- k) Half to three fourths of an ounce of powdered mustard in hot water with a little salt, a drink of hot water should be repeatedly given to induce vomiting to reduce the burning sensation in the stomach milk or curds should be given, a little later an emetic should be again given,
- l) After an emetic 180 grains of raisins—without the seeds—in half a pound of milk

II—COPPER POISONING

1. An emetic should be given e.g., plenty of hot water or the mixture of hot water, almond oil butter and *ghee*. After the emetic has worked give the patient a mixture of an ounce of the white gum of the Babul Tree and 2 lb of water, this mixture should be given about ten or twelve times in an hour

2 Cold linseed (alsi) tea should be given

3 Milk, butter or *ghee* should be given freely to the patient

III—LEAD POISONING

One of the following remedial measures should be given

- a) An emetic and also a purgative
- b) Pomegranate juice,
- c) The mixture of radish (mul) and Dill seeds (soya ke bīya)
- d) A drink of milk with sugar,

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

Parts used	Doses
leaves & stem	
bark, leaves, seeds & gum resin	
leaves, flowers, root-bark & latex	inner root bark 4 to 12 grains, as an emetic 30 to 60 grains, leaves sugaras 2 to 8 drops, dried latex 1 to 4 grams
all parts of the plant	bhang 2 to 4 grains for children, upto 20 grains for adults, charas. $\frac{1}{2}$ grain
all parts of the plant	the plant 45 grains
fruits & seeds	seeds $\frac{1}{2}$ to 1 grain
all parts of the plant	leaves sugaras 2 to 3 oz., root de coc (l 10) 4 to 10 drachms
leaves, fruit, seeds & latex	leaves powder of shade-dried leaves 1 to 2 grains in the form of a phant, dried latex 2 to 4 grains with the juice of fresh ginger with or after meals
fruit	
all parts of the plant	
fruit	powder 10 grains, infus (l 10) 1 to 2 oz.
leaves & seeds	

C—POISONING DUE TO BITES OF ANIMALS

I—GENERAL

1 The paste of the roots of any one of the following plants made with water is applied over the bitten part as an antidote to the toxin injected through the bite

- i) *Celestrus paniculata* (malkargni)
- ii) *Sida acuta* (nagbala)
- iii) Soap nut Tree (ritha)
- iv) *Sesbania grandiflora* (agastya)
- v) *Clitoria ternatea* (aparajita)
- vi) *Centrathium anthelminticum* (kalajira)
- vii) *Aristolochia bracteata* (kidamari)

2 The leaves of *Kalanchoe pinnata* (zakhm e bayat) are applied hot over the bitten parts

II—DOG BITES

1 The paste made of the milky juice of *Calotropis gigantea* (akda) *gur* and sesame oil or the paste of red chill fruits (marich) is applied over the wounds

2 The paste made of the excreta of fowls is applied on the bitten parts

- 3 i) The decoction of the roots of *Alangium salvin folium* (ankala) is given with *ghree* this will act as an emetic all the toxins absorbed through the bite will be thrown out
- ii) The mixture of the macerated leaves powdered black pepper and water is given

4 The electuary made of 180 grains of the macerated roots of *Achyranthes aspera* (aprimarga) with honey is given at the same time the poultice of the pulp of the leaves of *Aloe barbadensis* (kumari) and rock salt is applied over the wounds

5 The *swaras* of the leaves of *Cassia fistula* (amaltas) with musk is given

6 The juice of the roots of *Asparagus racemosus* (shata vari) is given

7 The mixture of equal parts of sesame oil & sesame oil

cake *gur* and the milky juice of *Calotropis gigantea* (*akda*) is given

8 The seeds of *Nux vomica* (*kuchla*) are fried in *ghee*, their seed coats and embryos are removed before they are mixed with milk this mixture is administered every day for some time, the dose of the decorticated seeds is 1 to 2 grains depending on the age of the patient, at the same time a paste of the seeds is applied over the wounds

9 The juice of the roots of the Persian Lilac (*bakayan*) is administered orally

10 The *swaras* of the leaves of Babul Tree is given in about 1½ oz doses for three days

11 The juice of *Boerhaavia diffusa* (*punarnava*) is given in dog bites.

12 The *swaras* of the leaves or the paste of the roots of *Salvadora persica* (*pilu*) is given

13 The decoction of garlic is given, the patient is given a lot of garlic with his meals at the same time macerated garlic is applied over the wounds after they have been cleaned with water this treatment is to be continued for a week

14 The tender leaves of the Horse Radish Tree (*shigru*) made into a paste with salt pepper, garlic and turmeric are eaten and at the same time the paste is applied over the wounds

15 Three ounces of the mixture of equal parts of the *swaras* of dhatoora leaves milk *ghee* and *gur* are given to counteract the toxic effects of a dog bite

III—RAT BITES

1 One of the following preparations is applied over the wounds caused by a rat bite

- i) The paste made of the Bitter Luffa (*kadvī torai*)
- ii) The paste of the bark and seeds of *Pongamia pinnata* (*karanja*)
- iii) The juice of the Holy Basil (*tulsi*) mixed with opium (this juice is applied not only on the wounds but all over the body),
- iv) The mixture of the juice of radish (*mulī*) and rancid coconut,

- v) The milky juice of the Banyan Tree (*vata*),
- vi) The paste made of the roots of *Rubia cordifolia* (*manjishta*), turmeric, salt and kitchen soot

2 The paste made of the powder of the roots of *Plumbago zeylanica* (*chitraka*) soaked in some bland oil is applied on the cut made on the palate with a sharp instrument

3 The decoction of the whole plant of *Ipomoea reniformis* (*akhupani*) or the *swaras* of the leaves is used for washing the wounds, it is also administered orally, the *swaras* is given in half to one ounce doses

4 The decoction of the *panchang* of the Bitter Luffa (*kadvi torai*) is given to counteract the toxic effects

5 The *swaras* of the roots of *Amaranthus polygamus* (*chaulai*) or their powder is given with honey.

6 The roots of the Prickly Pear (*nagphani*) macerated in milk are given twice a day for a week, during this period no salt should be given

- 7. i) The seeds of *Achyranthes aspera* (*apamarga*) are given with honey,
- ii) The juice of the tender fruiting spikes is given with honey for a week

8 The mixture of ginger, black pepper, the berries of the Neem Tree and rock salt is given in 45 grain doses with sugar and honey

9 The mixture of 2 oz. of tamarind and three fourths of an ounce of kitchen soot well mixed with old *ghee* is taken for a week

10 *Punarnvashtak kwath* is given in doses of 2 to 8 oz

IV—THE STING OF SCORPIONS

1 An application of the juice expressed from onions soothes the irritation caused by the scorpion sting

2 The paste made of powdered cummin seeds, *ghee* salt and honey applied over the scorpion sting brings quick relief

3 To soothe the irritation and pain caused by the sting the affected part is exposed to the smoke from powdered turmeric placed on live charcoal

4 The application of the fresh milky juice from an unripe papaya fruit brings instant relief

5 The thick paste made of tamarind seeds is applied over the sting or the kernel of a roasted seed is applied tightly on the sting

6 The roots of any one of the following plants macerated in water are applied over the sting

- a) Soap nut Tree (ritha)
- b) *Sesbania sesban* (jayanti) or *S grandiflora* (agastya) the seeds are similarly used
- c) *Clitoria ternatea* (aparajita)
- d) *Cassia sophera* (kasunda)
- e) Bonduc Nut (putikaranj)
- f) *Clerodendrum phlomidis* (arni)
- g) *Boerhaavia diffusa* (punarnava)

7 The paste made of the seeds of the Flame of the Forest (palasa) is applied over the sting

8 The juice of the Holy Basil (tulsi) or of the leaves of the Jambul Tree (jambu) is applied over the affected part

V—SNAKE BITES

As snake poison acts very quickly a tourniquet or a tight bandage should be applied a few inches above the wound immediately after the patient has been bitten so that the poison does not spread all over the body the bitten part should be cut open with a sharp knife to let out the blood and then the part should be burnt by applying on it live coal or a piece of burning wood First aid should be given to the patient before he is given orally the drugs recommended below

To make sure that snake venom is present in the body system of the person bitten by a snake he should be given to eat chillies salt and neem leaves one by one if the venom is present in his body he will not feel the real taste but will find them sweet these ingredients should also be used from time to time to find out if the drugs administered to him have been successful in removing the venom from his system

1 The *succras* of the leaves of the Castor Oil Plant is

given in doses of 4 spoonfuls with a spoonful of water, this will act as an emetic

2 The root of *Bauhinia variegata* (kanchanara) or of the Pigeon Pea (arhar) is given in snake bites

3 The paste made of the root of *Embelia ribes* (vidanga) with rice water is given

4 The *swaras* of the root of *Vitex negundo* (indrani) is given in snake bites

5 The paste of the root of *Achyranthus aspera* (apamarga) is given in *conjee* with the addition of *ghree*, it is efficacious in bites of all kinds of snakes

6 The root of *Amaranthus polygamus* (chaulai) is given with rice water in bites of all kinds of snakes

7 The mixture of *ghree* honey butter, long pepper (pippli) fresh ginger, black pepper and salt is given

8 The emulsion of soap nut (*rittha*) is given as a drink and at the same time it is applied to the eyes

9 The paste of the roots of the following plants is given with water

- i) *Aristolochia indica* (ishwarimul) especially the black variety the paste is also mixed with the emulsion of soap nut (*rittha*) and the mixture is given in small quantities from time to time
- ii) *Crinum asiaticum* (nagdamni)
- iii) Teak (sagvan)
- iv) Flame of the Forest (palasa) the paste is also bandaged over the bitten part

10 Two to four grains of the fibres of the dry fruit of *Luffa echinata* (devdah) macerated in an ounce of water are administered, if this drug does not suit the patient he should be given *ghree* to counteract the bad effects

11 Pills made of the leaves of *Calotropis gigantea* (akda) macerated in the milky juice of the plant are given at short intervals

12 The *swaras* of the leaves of *Abutilon indicum* (kanghi) is given or the roots are eaten

13 The infusion of tobacco leaves is given in 3 oz doses

five or six times at short intervals, the infusion will act as an emetic after it has been taken two or three times

14 The roots of the Betel Vine are given with betel leaves to act as an emetic.

15 The juice of the Serpentine (sarpagandha) is given

16 The juice of the leaves or of the bark of *Nyctanthes arborescens* (parijataka) is given

17 The *swaras* of the leaves of Sweet Basil (*basil*) is given two or three times at short intervals

18 The powder of the leaves of the Indian Senna (*senna*) is given in doses of 90 grains mixed with the oil from the seeds of the Safflower (*kusumbha*) to act as an emetic and to remove the toxin from the system

19 Neem leaves are a very efficacious drug for counteracting the effects of snake venom injected into the body, the victim of the bite will find the leaves taste sweet and not bitter, he should be made to eat these leaves till all the venom has been removed from the body and till they taste bitter, instead of giving the leaves to eat, the *swaras* of the leaves or the bark can be administered

20 The paste made of an ounce each of neem leaves and the bark of *Calotropis gigantea* (*akda*) with water is given

21 The *phant* of 180 grains of the bruised seeds of Citron (*bijora*) is given

22 The paste of garlic mixed with *ghee* is applied over the bitten part.

D—BITES AND STINGS OF INSECTS

1 The paste made with water of any of the following drugs is applied over stings or bites of insects like bees, wasps, etc

- The leaves of *Achyranthes aspera* (*apamarga*),
- The leaves of *Omum* plants (*yavan*)
- Dill Seeds (*soya ke bijr*)
- The pulp or the powdered rind of Wood Apple (*kawitha*),

- e) *Euphorbia nerifolia* (thohar) mixed with long pepper (pīplī)

2. The juice expressed from onions applied over the affected parts quickly soothes the pain and irritation caused by the bite or sting.

3. The powder of tobacco leaves is dusted over the affected parts.

4. If hard lumps develop as a result of the bite or sting a hot poultice of *Centratherum anthelminticum* (somraji) is applied

5. As an antidote to the toxic effects caused by bites or stings the mixture of equal parts of the juice of Turpeth Root (nīshottar), the juice of *Amaranthus polygamus* (chaulai) and *ghee* is administered.

E—MISCELLANEOUS

Paraffin Oil

A solution of the gum of the Babul Tree is given in doses of 4 oz followed by a drink of milk, this treatment should be given soon after paraffin oil has been swallowed, to prevent ulceration of the mouth following the taking of paraffin oil the patient should gargle freely with sesame oil.

ANTIPYRETICS

See "*Fevers—B*"

APHRODISIACS

1. As an aphrodisiac ~~carrot-seeds~~ are very useful
2. 1) The mixture of equal quantities of the powder of the seeds of *Asteracantha longifolia* (talimkhana) and of the Cowhage (kīnvach) taken with milk fresh from the cow's udder is a very efficacious aphrodisiac
- 2) The seeds of *Asteracantha longifolia* are taken in doses of 45 to 90 grains with sugar and milk as an aphrodisiac.

3 The confection made of the seeds of the Cowhage (kinvach) is a powerful aphrodisiac, 13 oz of the seeds boiled in 8 lb of milk till the mixture becomes thickish, these boiled seeds are macerated after removing their seed coats and fried in *ghee*, this fried mass is made into a confection with twice its weight of sugar, pills, each of 180 grains, are made out of this preparation, one such pill is taken as an aphrodisiac.

4 As a nutritious aphrodisiac the following mixture is very useful equal parts of almonds pistachios, the seeds of Quince (amritphala) the kernels of Cuddapah Almond (charoli) and sugar candy are macerated together with the addition of a little saffron, this mixture is soaked in *ghee* for a week, half an ounce to an ounce of this preparation is given in the morning every day

5 Cooked rice taken with a fairly large quantity of *ghee* and the soup of Kidney Beans (udad) invigorates the body and is an efficacious aphrodisiac

6 The specially prepared powder of emblic myrobalan (amle) taken in 45 grain doses, each time morning and evening with sugar and honey followed by a drink of milk is an invigorating aphrodisiac, the powder of dry emblic myrobalan is well mixed with the juice of the fresh myrobalan and then dried in shade this process of alternately mixing the powder with the juice and drying the mixture in shade is repeated a couple of dozen times

7 The milk which has been boiled with the figs root bark and young sprouts of the Pipal Tree is taken with honey and sugar as an aphrodisiac

8 The powder of the root of Withania somnifera (ashwa gandha) in 30 grain doses taken with milk or *ghee* is used as an aphrodisiac and restorative, especially by old people

9 The specially prepared powder of the tuberous roots of Ipomoea paniculata (vidarikand) taken in 90 grain doses with honey and milk is a powerful aphrodisiac, the powder of the roots is well mixed with the juice of the fresh roots and the mixture is dried in shade, this process of alternately mixing the dry powder with the juice of the roots and drying the mixture in shade is repeated a couple of dozen times

10 One of the most powerful aphrodisiacs is a mixture of 180 grains of the seeds of *Celosia argentea* (safaid murgha) and an equal quantity of sugar candy, it is taken daily with milk

11 The poultice of the leaves or the flowers of the Spanish *Jasmin* (chambeli) is an efficacious aphrodisiac when applied to the loins, the pubic region and the genital organs.

12 A drink of the boiling milk in which have been infused for a few minutes the fresh leaves and tender shoots of *Pedaliun murex* (gokshuraka) is given as an aphrodisiac

13. *Rala* is a useful aphrodisiac.

- i) The resin is taken in doses of 20 grains every morning with a pint of boiled milk,
- ii) The resin is first fried in *ghee* and then well mixed with water, the thick residue left over after decanting the water is taken as an aphrodisiac.

14 The milk which has been boiled with 1 to 3 grains of the powder of the seeds of *Abrus precatorius* (gunja) has an aphrodisiacal action on the nervous system

15 The gum from the trunk of the Babul Tree made into a confection by frying it with *ghee*, sugar and spices is taken as an aphrodisiac

16. Betel leaves made into a confection with spices is given in doses of 1 oz. three times a day as an aphrodisiac

17. The fruits of *Tribulus terrestris* (chhote gokbru) are useful as an aphrodisiac in doses of 10 to 30 grains

18 The standard preparation *eladi* pills is a very useful aphrodisiac.

PROLAPSE OF THE ANUS AND RECTUM

1. For reducing prolapsus ani the mixture of the paste of the powder of Red Sandal Wood (rakta chandan) and one of the following pastes is a very useful local application :

- i) Sesame seeds and liquorice root (madhuka),
- ii) *Mimosa pudica* (lajja) and liquorice root (madhuka);
- iii) *Rasanyano* or *rasoi* and *ghee*,
- iv) *Rala* and *ghee*;

- v) Neem leaves and *ghee*,
- vi) Honey and *ghee*,
- vii) The bark of *Berberis asiatica* (*daruharidra*) and *ghee*

2 An enema of one of the following preparations is efficacious in prolapsus ani

- i) The decoction of the bark of Babul Tree,
 - ii) *Ghee* boiled with the root stock of the Sweet Flag (*vacha*) or with the root of *Plumbago zeylanica* (*chitraka*)
- 3 i) The compress made of the decoction of the root bark or the leaves of the Guava Tree (*amrud*) is applied in prolapsus ani of children,
- ii) The decoction prepared by boiling half an ounce of the root bark with 6 oz of water till the quantity is reduced to half is given to the child in doses of one or more teaspoonfuls three or four times a day

4 If prolapsus ani cannot be reduced the protruding part should be well oiled and fomented so that it becomes soft and then it should be reduced with the help of a soft stick of cotton wool or cloth

5 The standard preparation *changersi ghrita* is given orally for the cure of prolapsus ani

6 The mixture of 1 oz of powdered black pepper, $1\frac{1}{2}$ oz of powdered caraway seeds (*shiajira*) and $7\frac{1}{2}$ oz of honey is given in doses of 1 to 2 drachms in rectal prolapse this mixture is specially given to old and weak patients.

7 The decoction of the galls of the Gall Nut (*mayaphala*) is used as an enema in rectal prolapse of adults and as a compress in rectal prolapse of children after reducing the protruding organ

8 *Oxalis corniculata* (*amrul*) is used as a pot herb in prolapse of the rectum

9 Fomentation of the prolapsed rectum with a hot piece of cowdung cake is useful in reducing the prolapsed organ.

10 The paste of the fresh tuberous root of the male plant of *Momordica dioica* (*vabisa*) is applied to the protruding rectum

11 An enema of the decoction of the mango bark is useful in reducing prolapse of the rectum

DISORDERS OF APPETITE

A—ANOREXIA

(Loss of appetite and bad taste in the mouth)

1. The mixture of pomegranate juice, rock salt and honey kept in the mouth for some time and slowly swallowed removes the bad taste of the mouth and creates appetite.

2. Ginger powder taken with hot water acts as an appetizer; 1) a mixture of 45 grains each of powdered ginger and carbonate of potash taken with 90 grains of *ghee* is equally efficacious.

3. The compound powder of equal parts of mustard, fried asafoetida, ginger, cumin seeds (*jira*) and rock salt taken in 20 grain doses is an efficacious appetizer, this powder is more efficacious if taken with buttermilk.

4. The mixture of coriander seeds (*dhanya*) cardamoms and black pepper powdered together and taken with sugar and *ghee* creates appetite.

5. Fresh ginger taken with rock salt before meals creates appetite.

6. The pill made of the mixture of equal parts of ginger, black pepper, the pulp of wood apple (*kawitha*) and honey kept in the mouth and slowly swallowed creates appetite.

7. The leaves of *Aloe barbedensis* (*kumari*) pickled in salt are eaten as an appetizer.

8. Emblic myrobalan (*amla*) taken with *ghee* and honey acts as an appetizer.

9. Curds made from buffalo's milk eaten with milk and *ghee* create appetite.

10. The compound powder made of one part each of cloves, nutmeg (*jaiphala*) and long pepper, 3 parts of emblic myrobalan (*amla*) 2 parts of black pepper, 16 parts of ginger and 24 parts of sugar is taken in doses of upto 90 grains to cure loss of appetite and to improve the taste of the mouth.

11. Gargles of any of the followings decoctions are

very efficacious in removing the bad taste of the mouth and in creating appetite:

- i) The compound decoction of cinnamon bark, cardamoms, tubercles of the Nut Grass (nagarmusta) and coriander seeds (dhanya),
- ii) The compound decoction of Berberis asiatica (daruharidra), cinnamon and omum seeds (yavani),
- iii) The compound decoction of long pepper (pipili) and cubebs (kabab-chini),
- iv) The compound decoction of omum seeds (yavani) and tamarind

Instead of using the decoction of any one of the above mentioned mixtures of drugs the bolus made of any one of these mixtures kept in the mouth and slowly swallowed is equally efficacious

12. The *phant* or the decoction made of the branches of *Tinospora cordifolia* (gudunchi) is taken in doses of 1 to 4 oz in anorexia, the dose may be increased to 6 oz, the effect of this drug is slow but steady

13 When an expectant mother feels disinclined for food and has a bad taste in the mouth the following compound powder given with honey is very beneficial: celery seeds (ajmoda), ginger, long pepper (pipili) and cumin seeds (dhanya).

14 The infusion of *Coptis teeta* (mamira) taken in 2 oz. doses is very efficacious in loss of appetite, especially following an attack of fever, the infusion is made by soaking an ounce of the root stock in a pint of boiling water

15 *Tulsi* tea is a very efficacious drink in anorexia, the tea is prepared by boiling 180 grains of the leaves of the Holy Basil (tulsi) in one pound of water till the quantity is reduced to half or one fourth, to the strained liquid are added an equal quantity of milk, half an ounce of sugar and a couple of powdered cardamoms

B—ABNORMAL INCREASE OF APPETITE

1 The powder of Turpeth root (nishottar) taken with milk is very efficacious in checking insatiable appetite

2 The inner bark of the stem of the Jujub Tree (ber) or the kernel of the seeds given with water regulates appetite

3 The *swaras* of the roots of Ipomoea digitata (vidarikand) is given with milk and *ghee* to check insatiable appetite.

4 Ripe plantains taken with *ghee* are a cure for this disease

5 The gruel made of the seeds of Achyranthes aspera (apamarga) with milk is an efficacious remedy

ASTHMA

See "*Diseases of the Respiratory System—B*"

BELCHING

1 The mixture of impure carbonate of soda and sugar checks belching

2 A drink of the mixture of milk and water in the proportion of one to four, or of milk and powdered cardamoms checks belching

3 The juice of Fagonia cretica (dhamasaṛ) taken with saffron is a useful remedy The powder of Fagonia cretica taken with cow's urine is equally efficacious

4 Macerated cucumber seeds taken with saffron check belching

5 The *kshara* of the stalks of sesame plants in doses of 15 grains is given with 180 grains of *gur*

6 For the cure of belching long pepper (pipḷ) is efficacious the powder of four berries is churned with an ounce of water the strained liquid is taken with *ghee*

7 The powder of the root of Tephrosia purpurea (shar punkha) is given with black pepper and carbonate of soda

BILIOUSNESS

See "*Diseases of the Liver—B*"

BLOOD PURIFIERS

1 The decoction of the roots of the Dhub Grass (harāḥ) is taken as a purifier of blood

2 The decoction of the fresh roots of Cocculus hirsutus (patalgarudī) is given in doses of about 2 oz for purifying

blood, this drug is particularly useful when skin diseases are due to bad blood.

- 3 i) The *swaras* of the leaves of *Tephrosia purpurea* (sharpunkha) in doses of 1 to 2 oz is an efficacious purifier of blood in skin diseases and febrile conditions,
- ii) The seeds are equally efficacious in 5 to 15 grain doses

4 The dried root of *Cassia tora* (chakund) is a good purifier of blood and a tonic, the very fine powder of the root is given in doses of 60 grains every morning mixed with 1 oz of *ghee* and one fourth of an ounce of powdered sugar

5 Bael fruit is a reputed purifier of blood, its pulp is given in doses of 2 oz with sugar and ice

6 The roots of *Asparagus racemosus* (shatavari) are one of the best known drugs for purifying blood,

- i) The confection made of the fresh roots is taken in half to one ounce doses with milk twice a day for six weeks, to make the confection 8 oz. of the slightly macerated fresh roots are boiled in 16 lb of water till the liquid is reduced to 2 lb, this decoction is boiled with an equal quantity of sugar till the mixture becomes thickish,
- ii) The decoction of equal parts of the dry roots of *Asparagus racemosus*, of *Cassia tora* (chakund) and of *Sida cordifolia* (bala) is made by boiling the mixture with 32 times its weight of water till the liquid is reduced to one eighth of its original weight, the strained decoction is made into a syrup by boiling it with twice its weight of sugar half an ounce to one ounce of this syrup is taken with powdered cardamoms twice a day with milk for six weeks

7 *Centella asiatica* (brahmi) is an efficacious drug for purifying blood

- i) The decoction of the herb is taken in 1 to 2 oz doses, the decoction is made by boiling 1 oz of the herb in a pint of water for a quarter of an hour,
- ii) 3 to 10 grains of the fine powder of the herb are given three times a day

8 Dry emblic myrobalan (*amala*) is taken with *ghee* and honey for purifying blood, the juice of the fresh fruit taken with *ghee* is equally efficacious.

9. The decoction of the root of the Indian Sarsaparilla (*ananta*) is given in doses of 2 to 3 oz three times a day for purifying blood, the decoction is made by boiling 1 oz of the macerated root in 10 oz. of water for an hour

10 The gruel of rice and seeds of *Phaseolus mungo* (*mung*) is a very efficacious drink for purifying blood, equal parts of the slightly roasted rice and the lentil are boiled in 14 times their total weight of water, when the mixture has come to the boil fried *asafoetida*, rock salt, coriander seeds (*dhanya*), ginger, black pepper and long pepper (*pipli*) are added, the container is kept covered to prevent the escape of the steam, the strained liquid is taken

11 As a tonic for poor blood *brahmi sherbet* is very efficacious, it is given in doses of half to one ounce with water twice a day

12 The leaves of *Cleome icosandra* (*suryavarta*) eaten as a pot herb are very useful as a blood purifier

13 The leaves of *Portulaca oleracea* (*kulfa*) are useful as a blood purifier, they are eaten cooked with spinach

BONES

(Injuries and Diseases)

A—FRACTURES & DISLOCATIONS

When a bone is broken or dislocated the broken bone should be reset to its normal position and the dislocation reduced before following any treatment. The patient should avoid salt, spices and sour articles of food, he should be given only a light diet

1. *Cissus quadrangularis* (*asthisandhan*) is an efficacious drug in fractures and dislocations,

- i) The medicated *ghee* or *ghee ghrita* prepared with the juice of the plant is taken orally,
- ii) The juice of the plant given with *ghee* is equally efficacious

At the same time the plaster of the macerated stem of the fresh plant is applied over the fracture or dislocation

The three cornered variety of the plant is preferred to the four cornered variety

2 The bark and seeds of the Babul Tree are very efficacious in helping the union of the broken parts of a bone, the powder of the bark or the seeds is given in doses of 90 to 180 grains with honey for three days

3 *Lashunadi kalk* is a very efficacious remedy in fractures and dislocations the paste is made of equal parts of garlic, honey, lac and sugar it is given with *ghee*

4 *Praval bhasm* is given in case of a fracture it is made of one part of the bark of the Babul Tree, 3 parts of the powder of *triphalā* and 7 parts of Indian Bdellium (*guggul*) these ingredients are mixed together to form a pill mass, pills are made out of this mass

5 i) The powder of the bark of the Arjun Tree (*arjuna*) is given in 10 to 30 grain doses with milk, this powder not only helps in the joining of the broken bones but it also disperses the coagulated blood in the region of the fracture,

ii) The thick plaster made of the powdered bark with *ghee* or the macerated bark is bandaged over the fracture

6 The bark or the juice of the Gum Kino Tree (*bijasar*) given with milk helps in the union of the broken bones

7 The plaster of one of the following pastes is bandaged over the fracture

i) The hot paste made of tamarind with sesame oil is applied as a fomentation before it is bandaged on the fracture

ii) *Visum articulatum* or *V angulata* or *V album* (*vruxruha*) this plaster is applied for three days,

iii) The root of *Ribā cordifolia* (*manjishta*) the bark of the Mohwa Tree (*mahuva*) and the leaves of the Tamarind Tree the paste of these three ingredients is applied hot

iv) The root of *Rubia cordifolia* (*manjishta*), liquorice root (*madhuka*) and lemon juice, this paste is mixed with *ghee* which has been washed a hundred times

and rice flour, this plaster is particularly recommended for reducing the inflammation and swelling. If old *ghse* is not available vinegar may be substituted.

8 If the bones are broken or bent in old age a piece of cloth soaked in sesame oil is applied over the bones after they have been restored to their normal position, they are then kept in position by means of a bandage, the fomentation of the part with the warm oil is desirable.

9 A very thick layer, about an inch and a half, of the macerated bark of *Tetrameles nudiflora* (*sandhivrux*) is applied over the broken bone for three days.

10 In case of dislocation the application of the following preparation is very efficacious: the seeds of the Water Cress (*ahali*) 5 parts, carbonate of soda 5 parts, turmeric 4 parts and the freshly ground bark of *Litsea chinensis* (*maida lakdi*) 5 parts are macerated together and made into a paste with water.

11 The paste made of the leaves of the Tanner's Cassia (*tarwar*) tamarind leaves and carbonate of soda is bandaged over the dislocation.

12 The hot paste of tamarind and sesame oil is first used to foment the fractured part and then is bandaged over it.

B—DISEASES

1 In the de-calcification of bones tamarind seeds are very useful, the seeds are soaked in water overnight, the following morning the shelled seeds are macerated in milk, this mixture is taken orally.

2 When there is an overgrowth of the bone the paste made of the milky juice of the Banyan Tree (*vata*), the Costus Root (*kusht*) and rock salt is applied over the overgrown bone, the bark of the Banyan Tree is bandaged over the paste.

DISEASES OF THE BREASTS

1 To resolve the inflammation of breasts, to relieve pain and to prevent suppuration the poultice made of one of the following drugs should be applied over the inflamed breasts.

- a) The roots of the Colocynth (indravaruni),
- b) Turmeric and the Lodh Tree (lodhra),
- c) The fruit of Randia dumetorum (madana),
- d) The roots of Momordica dioica (vahisa),
- e) Cumin seeds (dhanya),
- f) The leaves or capsules of dhatoora with turmeric,
- g) The roots of Plumbago zeylanica (chitraka),
- h) The roots of Aloe barbedensis (kumari) and turmeric

2 The paste of the roots of the Indian Senna (senna) is applied to the tumours and boils on the breast.

3 If the nipples are cracked the decoction of catechu is a useful wash

4 Castor leaves coated with some bland oil are applied hot over the inflamed breasts of a nursing mother, this application soothes the mammary glands

5 The decorticated seeds of the Lotus Lily (kamal) taken regularly with milk and sugar make the breasts firm and full

6 The medicated sesame oil or *teila ghrita* prepared either with 1) the *swaras* or the decoction of the bark of *Gmelina arborea* (kashmary) and its pulp or with 2) the paste of *Sphaeranthus indicus* (gorakhmundi) and long pepper (pipili) is very efficacious for uplifting pendulous or sagging breasts and for making them firm a pad of cotton wool or cloth saturated with this oil is applied over the breasts

7 To enlarge breasts and to make them firm and full they should be massaged either with 1) the medicated mustard oil boiled with the macerated pomegranate fruit or with 2) the paste of the root of *Grewia populifolia* (nagbala)

BURNS AND SCALDS

1 The mixture of the white of an egg and the powder of the gum of the Babul Tree is applied as an emollient over burns and scalds

2 The piece of cloth saturated with carron oil a mixture of sesame oil and lime water, is applied over burns for quick relief, the cloth is kept moist by the occasional addition of the oil on the cloth

3 A thick plaster of rice flour is applied on the burnt part as soon as possible after the accident to remove easily this thick layer after a few days in case it has become hard and stiff, a warm poultice of rice is applied a dressing of carron oil is used over the exposed surface

4 The powder of charred barley is one of the most efficacious remedies for wounds and blisters caused by burns the barley is charred by pouring boiling sesame oil over it these grains are powdered and applied over the burnt parts

5 Wheat flour is applied over the reddening caused by burns and scalds

6 Finely powdered dry bark of the Pipal Tree is dusted over blisters caused by burns it is a very efficacious dust

7 A poultice of cotton seeds is applied over burns and scalds

8 The juice expressed from the stem of Plantain Tree is applied over the burnt parts they are then covered with the pulp of the central part of the tree

9 The pulp of the leaves of Aloe barbedensis (kumari) or their juice applied over burns and scalds gives immediate relief

10 The decoction of the leaves or bark of the Henna Plant (mendi) is used for fomenting the burnt or scalded parts

11 The juice of the leaves of the Sweet Basil (babuntulsi) is applied over burns

12 The juice expressed from the fruit of Momordica charantia (kareila) mixed with very finely powdered chalk or sugar is useful dressing over burns

13 The ash of mango leaves is a very efficacious dust for burns and scalds

14 The milky juice of Euphorbia nerifolia (thohar) applied over burns and scalds prevents the formation of blisters

15 Rala is a very efficacious remedy for burns and scalds

- i) An ointment is made of the very finely powdered gum resin with wax and butter
- ii) The mixture made of the very fine powder of the gum resin sesame oil and water is applied with a feather over burns and scalds

16 The ointment made of the ash of dry coconut with coconut oil is a very useful application over burns and scalds

17 The ointment known as *manjishthadya ghrita* is very efficacious over burns especially if the burnt part is ulcerated, equal parts of *Rubia cordifolia* (manjishta), red sandal wood (rakta chandana) and the roots of *Sansevieria roxburghiana* (murva) are made into a paste, this paste is mixed with *ghee* to form the ointment.

18 *Diospyros peregrina* (tendu) is a very useful remedy for burns and scalds, it promotes healing and restores the normal colour of the skin,

- i) The thick decoction of the bark or of the fruit is used with the addition of an equal part of *ghee*,
- ii) The juice of the unripe fruit is applied over the discoloured skin to restore its normal colour

19 For burns and scalds caused by oil the ash of *Desmodium gangeticum* (shalaparna) mixed with water is particularly efficacious

20 If wounds are caused by burns the medicated *ghee* or *ghee ghrita* prepared with the decoction of the roots and the root pulp of *Stereospermum suaveolens* (patla) is one of the most efficacious ointments, this *ghee* is an efficacious ointment for all kinds of wounds

21 The paste made of silk cotton (semal) fibres with water is applied over wounds caused by burns

CATARRH

See *Diseases of the Nose—A*

CHOLERA

1 The paste made of 45 grains of mace (javitra) with water is given in cholera.

2 To check diarrhoea in cholera the pills made of nutmeg (jayaphala) powder are efficacious, 45 grains of the powder are made into pills with *gur*, one pill is given every half hour followed by a short drink of warm water, about four such pills are usually enough for checking diarrhoea

3 The decoction of liquorice root (madhuka) is given.

4. Powdered *dikamali* is given with sugar.

5. Repeated doses of onion juice are given every two minutes or so.

6. The juice of the root stock of the Zedoary (*karchur*) is given mixed with onion juice

7. i) The pills made of the powder of the flesh of a dry bael fruit with old *gur* is given with warm water to check diarrhoea, each pill contains 90 grains of the powder,

ii) The decoction of bael fruit, ginger and nutmeg (*jayaphala*) is given.

8. The paste of the roots of *Aristolochia indica* (*ishwari-mul*) made with warm water is given.

9. The pills made of equal parts of chebulic myrobalan (*harada*), ginger, the tubercles of the Nut Grass (*nagamusta*) and *gur* are given.

10. The mixture of saffron and lemon juice is given

11. Garlic cumin seeds (*dhanya*), rock salt, black salt (*sanchal*), ginger, black pepper, long pepper (*pipili*) and fried asafoetida are mixed together in equal parts and made into a pill mass with the addition of lemon juice; 4 grain pills are made out of this mixture; these pills are given repeatedly, two pills at a time

12. The paste of the roots of *Achyranthes aspera* (*apa marga*) is given.

13. The mixture of the juice of *Momordica charantia* (*kareila*) and sesame oil is given

14. The hot mixture of buttermilk and roasted barley is given with impure carbonate of potash

15. The root bark of the Tanner's Cassia (*tarwar*) is chewed with salt

16. Equal parts of opium, nutmeg (*jayaphala*), cloves, saffron and camphor are macerated together into a pill mass; 4 grain pills are made out of this mixture, one such pill is given with hot water each time

17. Equal parts of opium, the seeds of the Nux-vomica Tree (*kuchla*) and white pepper are made into a pill mass with

the juice of fresh ginger, to this pill mass powdered ginger and *gur* are added, very small pills are made out of this mixture, one such pill is given at a time. It is necessary to remove the seed coat and the embryo from the *Nuxvomica* seed before the ingredients are mixed together, the seed is first fried in *ghee* and then the seed coat and the embryo are removed.

18 The paste made of one fruit of the Marking Nut Tree (*bhilawan*) and 45 grains of tamarind is given with 1 oz of onion juice, this treatment is to be given only once. A little *ghee* should be given before and after administering this paste so that the throat may not be affected by the Marking Nut fruit.

19 *Lavangadi churna* is a standard preparation given in cholera, it is given in doses of 90 grains with hot water.

COLIC

See "*Disorders of the Stomach & Intestines—C*"

CONJUNCTIVITIS

See "*Diseases of the Eyes—B*"

CONSTIPATION

1 When a child suffers from obstinate constipation the bolus of the macerated leaves of *Acalypha indica* (*harita manjari*) introduced in the rectum as a suppository removes the tension in the bowels and aids easy evacuation.

2 A suppository of the stalk of betel leaf coated with castor oil introduced in the rectum of a child brings quick relief in obstinate constipation.

3 The seeds of *Clitoria ternatea* (*aparajita*) are useful in relieving constipation and colic of children, the seeds are first roasted and then fried in *ghee* one or two such seeds are usually enough but more may be given.

4 A poultice of the leaves of *Aristolochia bracteata* (*kidamari*) applied over the abdominal region of a child relieves constipation.

5 The powder of liquorice root (*madhuka*) taken with *gur* and water is useful in constipation.

6 The decoction of the Dodder (akashvel) is an efficacious remedy in constipation

7 The pulp of the roots of Clerodendrum phlomidis (arni) is very useful in regulating the bowels and relieving constipation the pulp of the roots is taken with *ghee* regularly for a week.

8 In chronic constipation when the bowels are ulcerated there is too much formation of gas and the patient sleeps badly and has nightmares a regular use of Ispaghula is most useful, one to two heaped tablespoonfuls of the seeds are given each time once or twice a day with water or milk

9 As a result of chronic constipation if the patient has bodyaches, sharp shooting pains in the hands and feet dryness of the skin, etc. a daily use of castor oil in small doses is very efficacious

10 The mixture of one part of the Indian Senna (senna) and half a part of chebulic myrobalan the hard, woody and big type is very efficacious in constipation the mixture is finely powdered and sieved through cloth this sieved powder is given in half to one drachm doses

11 In chronic constipation the pills made of rose buds 5 parts, the leaves of the Indian Senna (senna) 4 parts the pulp of the ripe pods of Cassia fistula (amaltas) 3 parts and chebulic myrobalan (harada) 5 parts are given these ingredients are powdered together and made into a pill mass

12 The powder of the berries of Embelia ribes (vidanga) and omum seeds (yavan) taken with hot water relieves constipation

13 The *phant* of Ruta graveolens (sitav) is an efficacious remedy in constipation

14 The powder made up of 2 parts of Turpeth Root (nishottar) 4 parts of long pepper (pipli) and 5 parts of chebulic myrobalan (harada) mixed with an equal quantity of *gur* is very efficacious even in very bad types of constipation

15 Barley water mixed with the juice of long pepper (pipli) or of radish (mul) and *ghee* is an efficacious remedy in constipation

16 The mixture of powdered nutmeg (jaiphala) and

lemon juice is useful in distention of the bowels due to constipation

17 For expectant mothers who suffer from constipation a drink of the milk which has been boiled with the root stock of the Sweet Flag (*vichra*) and garlic is very efficacious this drink is given with the addition of a little fried asafoetida and black salt (*sanchal*)

18 Chebulic myrobalan (*harada*) is useful in that type of constipation as a result of which the patient's mouth gets ulcerated very often and his eyes lose their lustre three myrobalans are to be given every day

19 Cassia fistula (*amaltas*) is an efficacious remedy in frequent attacks of constipation as a result of which the patient suffers from cold running of the nose collection of the phlegm in the chest and a repeated desire to evacuate a regular use of the decoction made by boiling 180 grams of the pulp of the ripe pods in 4 oz of water till the quantity is reduced to half an ounce is very useful this decoction is to be taken at bedtime

20 When as a result of constipation the patient feels abnormally hot and suffers from skin diseases impurity of blood etc the standard preparation *svadishi virechan* is given in doses of 20 to 45 grams with hot water at bedtime

21 When the constipation is due to the faeces in the bowels becoming dry hard and lumpy one of the following preparations is recommended as an efficacious remedy

- i) The leaves of *Euphorbia nerifolia* (*thohar*) cooked as a pot herb they are eaten before meals,
- ii) The mixture of equal parts of the powdered small immature and dry chebulic myrobalan (*harada*) fried in castor oil and black salt (*sanchal*) this powder is taken with hot water
- iii) The standard preparation *lasuna kshira*
- iv) The standard preparation *atipittar churna*
- v) The mixture of long pepper (*ppl*) mustard seeds the fruit of *Randia dumetorum* (*madana*) kitchen soot coarsely and *gur* made into a tent of the size of one's thumb for inserting it in the rectum before putting in the tent the rectum should be well oiled

CORNS, WARTS AND EXCRESCENCES

1 The milky juice of an unripe papaya fruit is applied to remove corns and other excrescences the juice is mixed with borax and a little water

2 The oil obtained from the shell of the fruit of the Cashew Nut Tree (kaju) is used as a blister for corns and warts

3 The *swaras* of the leaves of *Solanum nigrum* (kaka machi) mixed with a little rock salt is applied over the corn

4 The *swaras* of the leaves of the Spanish Jasmine (chambeli) is a useful application over soft corns between toes

5 i) The juice of *Oxalis corniculata* (amru) mixed with that of onion is applied over warts and corns,

ii) The leaves are applied over excrescences

6 i) The roasted young bulb of the Indian Squill (gangli pyaz) is a useful remedy for removing corns on the soles of feet the sole of the foot is pressed hard on a roasted bulb when it is comfortably hot

ii) The powder of the bulb is applied over warts

7 The yellow juice of the Prickly Poppy (bharband) or the oil expressed from the seeds is a soothing local application over warts, corns and excrescences it removes these excrescences

8 The mixture of *apamargkshar* and orpiment is applied over warts and excrescences they become soft and ultimately fall off

Instead of *apamargkshar* the ashes of the plant *Achyranthes aspera* (apamarga) may be used with orpiment

9 The mixture made of 5 parts of lemon juice 4 parts of impure carbonate of potash, 3 parts of copper sulphate and 4 parts of borax is used for removing excrescences

10 The milky juice of *Euphorbia nerifolia* (thohar) or of *E. antiquorum* (tridhar) is applied locally over corns and other excrescences

11 The paste made of the root of the Colocynth (indravaram) with goat's urine is used for removing warts and excrescences

12 The calcined midrib of a mango leaf is used for removing warts on eyelids

OPACITY OF THE CORNEA

See ' *Diseases of the Eyes*—D

COUGH

A—GENERAL

1 The mixture of equal parts of honey and the juice expressed from baked lemons is a very efficacious remedy for cough, the mixture is given in one teaspoonful doses

2 The juice expressed from betel leaves, given in 10 to 30 drop doses, relieves cough and catarrhal inflammation of the throat

3 A piece of the root stock of the Sweet Flag (*vacha*) is chewed in cough and irritation of the throat

4 A mustard poultice applied on the chest and on the back between the shoulder blades gives relief in cough

5 i) The mixture of equal parts of the powder of the root of *Calotropis gigantea* (*akda*) and liquorice root (*madhuka*) is given in 6 grain doses three times a day in ordinary cough,

ii) The mixture of equal parts of the powdered root of *Calotropis gigantea* and sugar is given in 5 to 10 grain doses

6 Powdered dry leaves of *Vitex negundo* (*indrani*) are given with *gur* or honey in cough

7 The mixture of the *swaras* of the roots of the *Dhub Grass* (*hariali*) and honey is given in cough

8 The mixture of 2 oz. of the flesh of the fresh leaves of *Aloe barbedensis* (*kumari*), 90 grains of powdered turmeric and 90 grains of rock salt or honey quickly removes phlegm and gives relief in cough, one third of this mixture is given each time three times a day

9 The preserve made of the flowers of the Shoe Flower Plant (*jasum*) is a very efficacious remedy in cough. The preserve is made by boiling a hundred flowers in 8 lbs of water till the liquid is reduced to 4 lbs the decoction strained through a piece of thick cloth is boiled with 4 lbs of sugar till

a thick syrup is formed, this preserve is given in doses of 2 to 4 drachms

10 The linctus made of salt, long pepper (pīplī) emblic myrobalan (amla) and honey relieves cough, hoarseness and sore throat

11 Emblic myrobalan (amla) roasted in a special way is an efficacious remedy in cough, the dry myrobalan is first coated with *ghee* and then wrapped in grass, this grass covered myrobalan is finally wholly enclosed in a thick layer of cow dung and roasted till the cow dung covering becomes red hot, the myrobalan is then removed from its coverings and slowly sucked

12 i) The preserve made of beleric myrobalan (bahira) is a very efficacious remedy in cough, the older the preserve the more efficacious it is, the preserve is made by boiling the fruits in eight times their weight of water till enough water remains in the container to cover the fruits, these fruits are again cooked with the addition of sugar, enough to make a confection, to this confection is added the powder of long pepper (pīplī) the medicinal value of this confection increases as it matures with age

ii) The powder of the pulp of beleric myrobalan, in doses of 15 to 40 grains is given with honey it brings quick relief in persistent cough,

iii) A piece of the bark of the Beleric Myrobalan Tree kept in the mouth and the juice slowly swallowed gives quick relief

iv) The paste made of beleric myrobalan and liquorice root (madhuka) with cow's urine removes phlegm and clears the chest in cough

13 The decoction of liquorice root (madhuka) given with sugar or honey helps in throwing out the phlegm and in clearing the chest

14 Powdered black pepper in doses of 5 to 13 grains given with *ghee* sugar and honey is very efficacious in irritative cough

15 The paste made of equal parts of black raisins (without the seeds), dates, black pepper, Embelia ribes

(vidanga) long pepper (pīplī) and honey is a very useful expectorant it gives quick relief in cough

16 The powder of the berries and roots of the Long Pepper (pīplī) ginger and beleric myrobalan (bahira) taken with honey is very efficacious.

17 The linctus made of the powder of long pepper (pīplī) ginger the tubercles of the Nut Grass (nagarmusta), chebulic myrobalan (haradī) and sugar with honey and sesame oil is slowly sucked to remove the phlegm and to give relief in cough

18 The soup of the seeds of Dolichos biflorus (kulitha) taken with the addition of 1 oz of the powder of long pepper (pīplī) which has been fried in sesame oil and 1 oz of sugar loosens the phlegm and gives relief in cough

19 i) The powder of the leaves of Adhatoda vasica (vasa) in 10 to 20 grain doses is an excellent remedy in cough

ii) The *swaras* of the leaves in doses of 2 drachms, is taken with honey or with the juice of fresh ginger

iii) The confection made of the *swaras* of the leaves is very efficacious in cough 25 oz of the *swaras* 12 oz of sugar and 3 oz. of ghee are cooked together over a slow fire till the mixture becomes syrupy 3 oz of powdered long pepper (pīplī) are well mixed into the cold confection the following day 12 oz. of honey are added to this mixture this confection is stored in a non metallic container, the confection is given in doses of 90 to 180 grains

20 The *swaras* of the Holy Basil (tulsi) is given with honey in cough

21 Long pepper (pīplī) is a very efficacious remedy in cough if it is given according to the special method known as *pīplī wārdhīan* (see Alteratives No 15 i)

22 Any one of the following standard preparations is given in cough

- a) *chaturashana churna*,
- b) *eladi churna*
- c) *yavanī shadava*

The following remedies are specially recommended for children suffering from cough :

1. Finely powdered coriander seeds (*dhanya*), in doses of 25 grains, are given with sugar and rice water.

2. The juice of a baked fruit of the Prickly Pear (*nag-phani*) is given with sugar; the juice is strained through cloth before the sugar is added.

3. The infusion of the flowers of *Mimusops elengi* (*borsali*) is given in doses of an ounce for a few days.

4. The pills made of the juice expressed from the roasted stem of *Euphorbia antiquorum* (*tridbar*) with borax and honey are given in doses of 45 grains to children; for infants upto 10 months old, a pill of 2 grains is given.

5. The rind of pomegranate fruit or the confection of the fruit juice is given.

6. Betel leaves coated with some bland oil are applied in layers on the chest; they should be made slightly hot before they are applied.

7. i) The decoction of the bark of *Barleria prionotis* (*kat-shareya*) is given.

ii) The mucilaginous infusion of the seeds is given when the child cannot throw out the phlegm which has got stuck inside the throat.

iii) The juice of the leaves is given with honey twice a day; the dose is to be given according to age.

iv) The ash of the plant is given with rice *conjee*.

8. Upto three drops of the juice of *Thespepsia populnea* (*paris*) are given with *gur*; this will loosen the phlegm and make easy the expectoration.

9. In long standing cough the fine powder of the fruit of *Solanum xanthocarpum* (*kantakarika*) is given with honey.

10. One of the following standard preparations is given to children suffering from cough: a) *kola churna*, b) *panch kol churna*, c) *vardingadi churna*, d) *karpurashtak churna*.

DEPILATORIES

1 As a depilatory the paste made of one part each of yellow orpiment red orpiment and carbonate of soda and two parts of conch with water is very efficacious

2 The paste made of equal parts of yellow orpiment and powdered conch with lemon juice is a useful depilatory

3 The standard preparation *arak ka teila* is an efficacious depilatory

4 For removing hairs from the pubic region the hairs are first pulled out, the hairless part is then covered with the oil expressed from the seeds of the Bitter Luffa (*kadvi torai*) this oil prevents the growth of new hairs on this part

DIABETES

1. The extract of *Tinospora cordifolia*, *gudunchi satva* is a very beneficial remedy in diabetes, 20 grains of the extract mixed with 45 grains of cow's fresh ghee are given twice a day on an empty stomach

2 The bark of the Banyan Tree (*vata*) is a specific in diabetes, it is given either as an infusion (one part in 10 parts of water) or as a powder in 90 to 180 grain doses

3 *Ficus racemosa* (*gullara*) has the same properties as the Banyan Tree the parts of the tree used are i) the ripe figs ii) the seeds mixed with honey, iii) the bark either in the form of an infusion or powder, iv) the juice from the stem and roots and v) the leaves, the *swaras* of the bark can be used, but the standard leaf preparation *udumbar patrasar* is more efficacious

4 The powder of the dried tender mango leaves or their ash is useful in diabetes

5 The tender flowers of the Plantain Tree are eaten as a pot herb

6 The finely powdered flowers of the Coconut Palm eaten with curds are very efficacious, the flowers of *Pongamia pinnata* (*karanja*) are equally useful

7. The *swaras* of about fifty leaves of the Bael Tree (*bilwa*)

is highly efficacious in reducing gradually the sugar contents of the urine, if the *swaras* cannot be expressed readily a little water may be used to aid the extraction, this *swaras* is given twice a day and is continued for some time, it is advisable to test the urine for sugar at short intervals, when the percentage of sugar is completely reduced the patient may be allowed to take a little sugar and ultimately the treatment may be discontinued unless sugar is again present in the urine

8 The infusion or tea of the flowers of the Tanner's Cassia, (tarwar) or the powder of the *panchang* of the plant is given, the powder is given in teaspoonful doses with honey.

9 The infusion of the bark of the Babul Tree—one ounce in one pint of water—is given in $1\frac{1}{2}$ to 2 oz doses

- ii) The gum of the tree is given in the form of a mucilage

10 The juice of pumpkin fruit (petha) is given twice a day in 4 oz. doses with the addition of 100 grains each of saffron and the bran of the red variety of rice

11 For reducing gradually the sugar content in the urine of a diabetic patient the Jambul Tree is very useful

- i) The powder of the dried fruit or of the bark of the stem is given in one ounce doses, when the fresh fruit is available it should be given
- ii) The powder of the seeds is given in 5 to 30 grain doses twice a day with cold water, it can be taken more often in advanced cases
- iii) The liquid extract prepared from the fruit is given in half to two ounce doses

12 *Sesbania sesban* (jayanti) is used in diabetes

- i) The decoction of the *panchang* is given with honey
- ii) The bread made of wheat flour with the addition of the leaves taken by a diabetic patient reduces the specific gravity of the urine of the patient

13 The paste made of the roots of *Holostemma annularia* (arkapushpi) with cold milk is given in diabetes

14 The following compound decoctions are efficacious in diabetes

- i) Chebulic myrobalan (*harada*), *Myrica nagi* (*kat phala*) the tubercles of the Nut Grass (*nagarmusta*) and the Lodh Tree (*lodhra*)
- ii) Omum seeds (*yavani*), the roots of the Khus khus Grass (*khus*) and *Tinospora cordifolia* (*gudunchi*)
- iii) *Berberis asiatica* (*darubardra*), *Deodar*, *triphala* and the tubercles of the Nut Grass (*nagarmusta*) to be taken after meals
- iv) Turmeric mixed with the juice of emblic myrobalan (*amla*) and honey, to be taken after meals

15 The decoction of one of the following drugs is also recommended

- i) The twigs or the inner bark of the Neem Tree
- ii) The root bark of *Helicteres isora* (*marodphali*)
- iii) The roots of *Clerodendrum phlomidis* (*arni*),
- iv) The bark of *Cassia occidentalis* (*kasondi*),
- v) The flowers of the Tanner's Cassia (*tarwar*),
- vi) *Dalbergia volubilis* (*alai*),
- vii) The bark of the Babul Tree, this decoction is given in 1½ to 2 oz. doses twice a day

16 To satisfy thirst a diabetic patient should take one of the following drinks instead of water

- i) The decoctions prescribed under No. 15 (iii) & (iv) above,
- ii) Lemon juice and water the infusion of a few peeled and sliced lemons is made with a pint of boiling water, this weak infusion is strained when cold, the drink should be preferably taken between meals
- iii) The infusion made of guava fruits (*amrud*)
- iv) The milk boiled with the roots of *Jasminum auriculatum* (*juhi*)

17. Over diabetic abscesses a poultice made of rice flour with curds is applied comfortably hot four times a day, before applying the poultice the excess of water should be removed.

DIARRHOEA

A—GENERAL

- 1 The Babul Tree is a useful drug in diarrhoea
 - i) The mixture of equal parts of the tender leaves,

- cumin seeds (jira) and caraway seeds (shia jira) macerated together is given in doses of 180 grains.
- ii) The infusion of the bark - $1\frac{1}{2}$ oz. of the bark in a pint of water - is given in $1\frac{1}{2}$ to 2 oz. doses in chronic diarrhoea.
 - iii) The juice of the bark is given with curds.
 - iv) The decoction of the bark is given.
 - v) The decoction of the bark or of the leaves is given as an enema to check diarrhoea.
 - vi) The emulsion of the gum from the stem is given orally and also as an enema.

2. The mixture of equal parts of the powder of catechu and cinnamon is given in 2 to 4 grain doses with honey four times a day.

- ii) The *phant* of catechu and cinnamon is given in $1\frac{1}{2}$ to 2 oz doses three times a day; the *phant* is made by soaking for two hours 3 drachms of catechu and one drachm of cinnamon in half a pint of boiling water.

3. In chronic diarrhoea and dysentery the mixture of equal parts of bael fruit, catechu and the bark of the Pomegranate Tree is given in half to one drachm doses.

4. The mixture of equal parts of the dried fruits of the Jambul Tree (jambul) and decorticated mango seeds is given in 10 to 30 grain doses with curds; the syrup of jambul fruits is given in chronic diarrhoea.

5. The tender aerial roots of the Banyan Tree (*vata*) macerated in rice water are given with buttermilk to check diarrhoea.

6. The powder of shelled mango seeds is given in 20 to 30 grain doses with honey in diarrhoea and chronic dysentery.

- ii) The fried shelled seeds are given to expectant mothers to check diarrhoea.
- iii) The decoction of the shelled seeds is given in doses of 1 to $1\frac{1}{2}$ drachms; to the decoction the pulp of bael fruit and powdered ginger may be added.
- iv) The powder of the woody seed-coats mixed with an

equal quantity of powdered sugar is taken on an empty stomach followed by a drink of water.

7. Bananas are a useful drug for checking diarrhoea.

i) The fruit macerated in a cup of milk is given three times a day in diarrhoea.

ii) The soup of the raw fruit is given.

iii) The well boiled unripe fruit macerated in curds is very efficacious in diarrhoea and dysentery; to the mixture is added sugar to taste.

iv) The bread or *chappaty* made of the flour of the dried unripe fruits is given in diarrhoea and dysentery: 4 oz of the flour are made into unleavened bread and taken with curds or butter before meals.

v) The mixture of 1 oz of the ripe fruit, half an ounce of ripe tamarind (without seeds) and 90 grains of salt are given in chronic diarrhoea and dysentery; this remedy is particularly useful in early cases; the dose should be given four times a day; this mixture should be given as soon as it is prepared.

8. i) In diarrhoea and dysentery 60 to 70 grains of powdered mace (javintri) are given with curds for a week; this powder is efficacious even in bad cases.

ii) The mixture of equal parts of nutmeg (jaiphala), dates and opium made into a pill mass with the juice expressed from betel leaves is given with buttermilk in five grain doses three times a day in chronic diarrhoea and dysentery.

9. The decoction of fennel seeds (madhurika) or the fine powder of fried fennel seeds and of fried ginger is given in diarrhoea.

10. Fried fenugreek seeds (methi) mixed with aniseeds (saonf) and salt are given in half to one drachm doses.

11. The mucilage from the seeds of the Sweet Basil (babuitulsi) infused in water is given.

12. The powder of young chebulic myrobalan (harada)—without the seeds—is given in 45 to 90 grain doses with aromatics, e.g., caraway seeds (shia jira), fennel (madhurika), coriander seeds (dhanya), etc.

11) The powder of equal parts of the rinds of chebulic myrobalan (harada), beleric myrobalan (bahira) and emblic myrobalan (amla) is given in the form of a decoction, 5 drachms of the powder are boiled with sufficient water to make a decoction of 6 oz, 2 to 3 oz. of this decoction are given three times a day in chronic diarrhoea and dysentery

13 The decoction of the rind of mangosteen fruit (mangustan) is given in 1 to 2 oz doses in diarrhoea and dysentery, to make the decoction one part of the rind is boiled with 20 parts of water

14 The decoction of the bark and the rind of the fruit of the Pomegranate Tree with the addition of cloves or cinnamon is given in chronic diarrhoea and advanced stages of dysentery, the decoction is made by boiling one part of the bark and the rind in 10 parts of water, it is given in doses of 1 to 2 oz. three or four times a day

15 i) The paste made of the roots of the Tamarind Tree with water and powdered black pepper is given with honey in diarrhoea.

ii) The *swaras* of the leaves of the tree is given with sugar

iii) The fine powder of the decorticated seeds is given

16 i) The finely powdered flowers of Woodfordia fruticosa (dhataki) are given in doses of 45 to 90 grains with honey

ii) The tea made of the flowers is given with milk and sugar

iii) The powder of equal parts of the flowers, omum seeds (yavani) and ginger is given in 20 to 45 grain doses with buttermilk, this powder is specially given when the stools are watery

iv) The powder of equal parts of the flowers *mocharas* and conessi bark (kurchi) is given in 60 grain doses with water in diarrhoea of expectant mothers

17 Ispaghul is one of the best known household remedies in chronic diarrhoea and dysentery, both bacillary and amoebic

- i) Two to four heaped dessertspoonfuls of the clean seeds are infused with sugar in a cupful of water, when the mixture has become mucilaginous it is taken in one dose
- ii) The mucilaginous decoction made by boiling one to two tablespoonfuls of the seeds in two pints of water till the volume is reduced to half is taken in several doses in the course of day, this method of taking this drug is particularly recommended in acute dysentery.
- iii) When the stools are slimy the mixture of 180 grains each of the seeds and of sugar-candy is given two to four times a day.
- iv) Two to four drachms of the powdered seeds mixed with half a drachm of sugar are given, if required larger doses may be given.
- v) If the use of the whole seed causes intestinal irritation only the husk of the seed may be used, one teaspoonful of the husks is given in 2 oz of hot water, or the mixture of an equal quantity of the husks and sugar is swallowed on an empty stomach followed by a drink of cold water
- vi) One drachm of the seeds mixed with 5 grains of the powder of the seeds of the Conessi Bark (kurchi) is given

18 The fine powder of the pulp of the fruit of *Randia dumetorum* (madana) is given in 15 to 30 grain doses in diarrhoea, or an infusion of the macerated pulp may be given.

19 i) The decoction of the roots or twigs of the Conessi Bark (kurchi) is given in diarrhoea and dysentery.

ii) The powder of the seeds—without their seed-coats—is given with an equal quantity of salt in one to two teaspoonful doses, to remove the seed-coats the seeds are lightly roasted

20 The root bark of the Tanner's Cassia (tarwar) is chewed and a spoonful or two of the juice is swallowed, this is very efficacious in diarrhoea and dysentery

21. Finely powdered long pepper (pipli) given with honey or milk or with powdered black pepper and water is very efficacious even if the diarrhoea or dysentery is of long duration, the treatment is to be continued for a few days

22 In diarrhoea from which the patient has been suffering for a long time half or one seed of the Clearing Nut Tree (nirmali) taken every day for a week is very efficacious

23 The decoction of the tubercles of the Nut Grass (nagarmusta) given with honey is very efficacious in all kinds of diarrhoea

24 The compound powder made up of 1 drachm of the pulp of bael fruit, $2\frac{1}{2}$ drachms of fennel seeds (madhurika) and half a drachm of ginger is given in half to one drachm doses in chronic diarrhoea and dysentery.

25 The pulp of the fruit of the Baob Tree (goruk amlī) is given in doses of 1 to 2 grains with buttermilk in diarrhoea and dysentery

26 i) The bark of the Jujub Tree (ber) macerated in milk is given with honey in diarrhoea and dysentery

ii) The mixture of 5 parts of the root bark, 5 parts of sesame seeds and 2 parts of honey is given in half to one drachm doses in diarrhoea and dysentery

27 Ten grains of Bengal Kino—the gum from the stem of Flame of the Forest (palasa)—are given with sugar

28, In diarrhoea when blood is passed with stools cold goat's milk that has been boiled is given with honey, sugar and boiled rice

29 The confection made of water cress (ahaliv) is very efficacious.

30 If blood is passed with stools the juice of the leaves of Kalanchoe pinnata (zakhm e hayat) is very efficacious, it is given in doses of 45 to 90 grains mixed with twice its quantity of ghee and a little powder of cumin seeds (dhanya)

31 The Maiden Hair Fern (hanspadī) is very efficacious even when other drugs have not been able to cure the disease, the powder of the fern is given in 30 grain doses

32. When the rectum is very much inflamed and may also be pustulating as a result of frequent evacuations it should be bathed with

i) Cow's or goat's milk mixed with sugar and honey or

ii) Sugarcane juice

33 Any one of the following standard preparations is given.

- i) *Yamani . shadava*,
- ii) *Lavangadi churna*,
- iii) *Kesaradi churna*,
- iv) *Ajmodadi churna*,
- v) *Chaturbhradi kwath*

B—DIARRHOEA OF CHILDREN

The following treatments are particularly
recommended

1 Bengal Kino—the gum from the stem of the Flame of the Forest (palasa)—is given in diarrhoea and dysentery to children and also to adults who are weak or delicate, the gum is given in doses of 5 to 30 grains with a little cinnamon, the addition of about one fourth to one grain of opium increases the efficacy of the gum

- 2 i) The *swaras* of the tender leaves of the Jambul Tree (jambu) is given in goat's milk with a little powder of cardamoms and cinnamon
- ii) The *swaras* of the bark is given in 2 drachm doses with goat's milk
- iii) The powder of the bark with honey or its decoction is given

3 The powder of the charred root stock of the Sweet Flag (vacha) is given in three grain doses.

4. In chronic diarrhoea of children the following compound powder is most efficacious 6 grains of unripe bael fruit, 1 grain of Bengal Kino the gum from the stem of the Flame of the Forest (palasa) and 1 grain of sugar, this mixture is given each time, two or three times a day

5 The powder of the rind of mangosteen fruit (mangustan) 5 parts, poppy seeds (aphima) 4 parts sugar 6 parts, pomegranate bark 5 parts and rose buds 4 parts is given in 10 to 12 grain doses in chronic diarrhoea and dysentery

6 The concentrated decoction of the root bark of the Guava Tree (amrud) is very efficacious in chronic infantile

diarrhoea, 2 oz. of the root bark are boiled in a pint of water till the quantity is reduced to half, one to two teaspoonfuls of this decoction are given two or three times a day.

7. The seeds of the Conessi Bark (*kurchi*) are given in one to two grain doses

8. The powder of the hard woody fruit of chebolic myrobalan (*harada*) is given in 45 to 180 grain doses with warm water

9. The infusion of the roasted leaves of *Centella asiatica* (*brahmi*) is given with the addition of fenugreek (*methi*) in doses of half a teacup to children in diarrhoea and other bowel complaints

10. The paste of nutmeg (*jaiphala*) and ginger made with *ghee* is given in diarrhoea due to chill.

11. The paste of *diskamali* made with water is given.

12. The galls of the Gall Nut Tree (*mayaphala*) are given with milk or *ghee* with the addition of a little powder of ginger.

13. *Rala* is given in diarrhoea and dysentery.

14. The standard preparation *kesaradi churna* is an efficacious remedy in diarrhoea and dysentery of children, it is given in doses of 6 to 8 grains.

DISLOCATION

See "*Afflictions of the Bones—A*"

DROPSY

(Abnormal accumulation of serous fluid in cellular tissues or body cavities)

1. i) Turpeth root (*nishottar*) is an efficacious drug in dropsy, it is given in half to $1\frac{1}{2}$ drachm doses with 10 to 15 grains of chebolic myrobalan (*harada*)
- ii) The paste made of 40 grains of the root with water is given with 10 grains each of rock salt and ginger, and 5 grains of black pepper.

2. The leaves and pods of the Horse Radish Tree (*shigru*) are eaten as a pot herb

3 *Asteracantha longifolia* (talimkhana) is very useful in dropsy

- i) The ash of the plant is given in 25 to 45 grain doses mixed with cow's urine, or one spoonful of the ash well mixed in 4 oz of water is given in 1 oz doses four times a day
- ii) 2 oz of the freshly fried leaves are pickled in 10 oz of vinegar for three days, the pickled leaves are macerated in the liquid which is then strained through cloth, one to three tablespoonfuls of the strained liquid are given three times a day
- iii) One ounce of the lightly pounded roots are boiled in 20 oz of water till the liquid is reduced to 15 oz the strained decoction is given in doses of 1 to 2 oz every two hours

4 *Achyranthes aspera* (apamarga) is a very efficacious drug in dropsy

- i) The decoction made by boiling 1 oz of the plant in 10 oz of water in a closed vessel for a quarter of an hour is given in doses of 1 to 2 oz three times a day
- ii) The *phant* of the *panchang* is given in doses of 2 oz two times a day, the *phant* is prepared by infusing the *panchang* in boiling water sixteen times the weight of the herb
- iii) The ash of the dry herb is given with honey
- iv) *Apamargkshar* or the extract of the herb is given in doses of 6 to 12 grains

5 The *suaras* of *Eclipta alba* (bhangra) is given in dropsy

6 The powder of equal parts of the roots of *Boerhaavia diffusa* (punarnava) especially of the white variety, and rock salt is given with honey

7 The thick liquid obtained by boiling the bark of the Babul Tree with water is given with buttermilk, when this treatment is given the diet should consist of only buttermilk

8 The leaves of *Calotropis gigantea* (akda) and rock salt are roasted together in a tightly closed container till the contents are reduced to ash this ash is given with buttermilk

9. Equal parts of mustard and rock salt powdered together are given with cow's urine

10. The mixture of equal parts of ginger, black pepper, long pepper (pipili) and rock salt is given with buttermilk

11. *Barleria prionitis* (katshareya) is an efficacious drug in dropsy.

i) The paste made of the ash of the plant with water is given with *conjee*

ii) One ounce of the *swaras* of the bark is given with milk

12. The juice of the Prickly Poppy (bharbhand) is given in dropsy.

13. The infusion of anise seeds (saoni) 2 drachms and fennel seeds (madhurika) $1\frac{1}{2}$ drachms is made with boiling water 8 oz, to the strained infusion are added 1 drachm each of ammonium chloride and saltpetre; this mixture is given in doses of 2 to 3 oz

14 The *swaras* of the leaves of the Bael Tree is given with powdered ginger.

15 The decoction of *triphala* is given with (shilajit) in dropsical swellings

16 In abdominal dropsy the decoction of chebulic myrobalan (harada) which has been boiled with pieces of the stem of the Rohita Creeper (rohituka) is taken, this preparation is kept for a week before it is used, cow's urine similarly boiled with the creeper and kept for a week is equally efficacious

17. In abdominal dropsy curds with *trikatu* are given

18. In dropsy due to chronic malaria the infusion of Lemon Grass (gandhatrina) is given with powdered black pepper, the infusion is made by soaking 4 oz of the leaves in a pint of boiling water

19. The kernel of the seeds of the Bonduc Nut (putikaraja) is given with *conjee*

20 The gruel made of the root stock of *Alocasia indica* (mankanda) is given, 3 oz of the powdered root stock, 7 oz of rice flour and 20 oz each of milk and water are cooked together, 4 oz to a pint of this gruel is given according to the capacity of the patient.

- 21 The poultice made of the roots of the Cowhage (kin wach) is applied over the swollen parts due to dropsy
- 22 The macerated leaves of the Tamarind Tree are applied as a fomentation over dropsical swellings
- 23 The juice of Ipomoea pes-caprae (mariaavel) is applied over the swellings and is also taken orally
- 24 The following standard preparations are given in dropsy
 - i) *yawanī shadāṭa* and ii) *drakṣhā ghṛita*

DYSENTERY

Many of the remedies prescribed for the cure of diarrhoea can be used for the cure of dysentery as well

1 Lemon juice is very efficacious in dysentery, especially if there is a sloughing of the mucous membranes a few lemons after they have been peeled and sliced are infused in boiling water about 12 oz of the strained infusion are given in the course of the day

- ii) Lemon juice is given in cold milk with the addition of a little opum milk fresh from the udder is preferred this preparation is to be given as soon as it is made

2 Small pieces of onions are given with curds half a dozen times in a day the onions should be well washed and cleaned before they are eaten

3 The mixture of equal parts of the juice of the tender leaves of the Pipal Tree coriander seeds (dhanya) and sugar is slowly chewed and the juice swallowed

4 In dysentery with mucus the seeds of the Henna Plant (mendhi) are efficacious the powdered seeds mixed with *ghee* are rolled into small balls each of the size of a betel nut one such ball is given each time twice a day

5 The *swaras* of the leaves of the Fenugreek (methi) mixed with the juice of black raisins is given in dysentery with mucus.

6 In dysentery with griping pains the juice expressed from one ounce of garlic is given with a few macerated tender leaves of *Calotropis gigantea* (akda)

7. The tubercles of the Nut Grass (*nagarmusta*) are beneficial in dysentery.

- i) The powdered tubercles mixed with fresh ginger or honey and sugar are given in doses of 20 grains.
- ii) About twenty tubercles are boiled with six times their weight of the mixture of equal quantities of milk and water till all the water has evaporated; this preparation is strained and taken in one dose.

8. Bael fruit is a very efficacious drug in dysentery.

- i) Half to one drachm of the pulp of the dried fruit is given with *gur* every four to five hours.
- ii) The powder of the whole of a slightly roasted unripe fruit is infused in water; the strained infusion is given in large quantities with *gur* in old cases of dysentery.
- iii) The pulp of a slightly roasted unripe fruit is given with sugar.
- iv) The pulp of an unripe fruit mixed with an equal quantity of powdered ginger is given with buttermilk; no other food except buttermilk should be given to the patient.
- v) The decoction of bael fruit and of the bark of the Mango Tree is given with honey and sugar in all kinds of dysentery.
- vi) The mixture of the juices of bael fruit and of shelled mango seed* is given with honey and sugar.
- vii) The decoction of unripe bael fruits and ginger is given with barley flour to expectant mothers suffering from dysentery.
- viii) The compound powder of one part of bael fruit, 2 parts of the bark of the Conessi Bark (*kurchi*), 1 part of fennel seeds (*madhurika*), 1 part of chebulic myrobalan (*harada*) and 3 parts of sugar is given in doses of 1 to 3 drachms with ispaghul in subacute and chronic dysentery.
- ix) The fine powder of half a drachm of ginger and of $2\frac{1}{2}$ drachms each of the dried pulp of bael fruit and fennel seeds (*madhurika*) is given in doses of half to one drachm in chronic dysentery.

- x) The standard preparation *bilva panchak* is given in doses of 20 to 40 grains in chronic dysentery

9 The mixture of one drachm each of the *suaras* of the leaves of the Jambul Tree (jamun) and of the Mango Tree, and emblic myrobalan (amla) is given with goat's milk and honey

10 The infusion of the barks of the Mango Tree, the Jambul Tree (jamun) and the Arjun Tree (arjuna) is an efficacious remedy one ounce of the mixture of equal parts of the dried powdered barks is infused overnight in 5 oz of water in an earthen vessel the strained infusion is taken in the morning

- 11 i) The powder of shelled mango seeds is taken with rice water or buttermilk,
- ii) The peel of a mango fruit or the bark of the tree is taken with milk or honey,
- iii) New mango leaves mixed with the pulp of wood apple (kawitha) are given with rice water,

12 The tender leaves of Aloe barbedensis (kumari) are given with cumin seeds and sugar candy

13 In chronic dysentery the compound powder of 6 parts of the rind of mangosteen fruit, 2 parts of coriander seeds (dhanya), 2 parts of chebulic myrobalan (harada) and 2 parts of fennel seeds (madhurika) is given in 10 grain doses with sugar

- 14 i) Kokum Butter—the oil extracted from the seeds of *Garcinia indica* (taktapurka)—is very efficacious, it is given in doses of 180 grains with a cup of milk three times a day
- ii) The syrup made of the juice of the fruit is given in dysentery with fever
- iii) The tender sprouts of the tree are efficacious in all kinds of dysentery, the sprouts wrapped in dry plantain leaves are roasted when the roasting is complete the sprouts are removed from their covering and powdered pills made of this powder are taken with fresh cow's milk

15 The Conessi Bark (kurchi) is a specific remedy in dysentery,

- i) The decoction of the seeds is particularly useful in chronic dysentery, one to 3 drachms of the seeds

are boiled in 12 oz of water till the quantity is reduced to 4 oz the strained decoction is given in one dose in the morning every day

- ii) The decoction made of the seeds with the tubercles of the Nut Grass (*nagarmusta*) is highly efficacious, one ounce of each of these two macerated ingredients and 2 lb of water are boiled together till the quantity is reduced to one fourth half to one ounce of this decoction is given with honey
- iii) The compound powder made of the bark 2 drachms, bael fruit 2 drachms and the bark of the Pomegranate Tree 1 drachm is given in 20 to 40 grain doses with honey in advanced stages of dysentery
- iv) Half a drachm of the seeds and one drachm of sugar candy are infused in 1 oz of water for a few hours the strained liquid is given to an adult, this dose should be repeated two or three times a day, a smaller dose should be given to children according to age
- v) The decoction of the fresh bark of the Conessi Bark and of the rind of the unripe pomegranate fruit is very efficacious even in severe types of dysentery, these two ingredients 1 oz of each are boiled in 13 oz of water till the quantity is reduced to 2 oz the strained decoction is taken with honey
- vi) The powder of the root bark is given in 10 to 20 grain doses with a little water three times a day
- vii) The medicated *ghee* or *ghee ghrita* prepared with the bark is highly efficacious.
- viii) The *phant* of the bark is given especially when the patient passes a lot of mucus and blood with his stools
- ix) Ninety grains of the seeds are given with ginger in rice water, especially if the patient is suffering from phthisis

16 The decoction of the root bark of the Jujub Tree (*ber*) is given with curds

- i) The powder of the root bark is given with honey and milk

17. The medicated *ghee* or *ghee ghrita* prepared with ginger is highly efficacious in chronic dysentery.

ii) Ginger taken with buttermilk is an efficacious remedy in chronic dysentery

iii) The *putrak* made of ginger powder is given with sugar every morning

18. The milk boiled with the tender shoots of the aerial roots of the Banyan Tree (*vata*) is efficacious especially when the patient passes blood before evacuation.

19. Finely powdered sandalwood is given with honey and rice water.

20. The milk boiled with the roots of a castor oil plant is very useful in dysentery

21. Chebulic myrobalan (*barada*) given with an equal part of black raisins is an efficacious remedy.

22. The following standard preparations are given in dysentery i) *udumbar patrasar*, ii) *marichadi churna*, iii) *lavangadi churna*, iv) *chaturbhradi kwath*, v) *vatskadadi kwath*, vi) *dadimadi kwath*, vii) *kesaradi churna* and viii) *bilva panchak* it is given in 20 to 40 grain doses in chronic dysentery.

DYSMENORRHOEA

See "*Diseases of the Uterus & the Vagina—C-11*"

DYSPEPSIA

See "*Disorders of the Stomach & Intestines—D*"

DISEASES OF THE EAR

A—EARACHE

1. The following preparations are used as ear drops for the cure of earache :

i) The warm mixture of sesame oil and the juice either of (a) the leaves of *Cleome icosandra* (*suryavarta*), (b) *Eclipta alba* (*bhangra*), (c) the gum from the stem of the Horse Radish Tree (*shigru*) or (d) the

leaves of *Vitex negundo* (indran) with the addition of a little rock salt and honey,

- ii) The sesame oil boiled either with ripe tamarind (without the seeds) or the leaves of *Achyranthes aspera* (apamarga) or garlic, the strained mixture is used,
- iii) The warm *swaras* either of (a) the Plantain Tree, (b) garlic, (c) onions, (d) the Holy Basil (tulsi), (e) the Sweet Basil (babuitulsi), (f) the leaves of the Indian Coral Tree (mandar), (g) betel leaves, or (h) the root bark of the Horse Radish Tree (shigru),
- iv) The strained juice of the leaves of *Aloe barbedensis* (kumari) at the same time a poultice of the leaves is applied on the outside of the aching ear, this treatment gives quick relief even if the pain be very severe,
- v) The warm mixture of the juice of fresh ginger, honey, rock salt and mustard oil (sarson), the mixture is strained through cloth before it is stored,
- vi) The juice expressed from the roasted, *ghee-coated* mature leaves of *Calotropis gigantea* (akda),
- vii) The sesame oil in which have been pickled asafoetida, ginger and rock salt,
- viii) The warm juice of fresh onions.

2 The very fine powder of shells or a piece of the cuttle bone (samudraphin) is blown into the ear followed by a few drops of lemon juice, this gives quick relief from earache

3 The warm central part of an onion is put as a plug in the aching ear

4 A fomentation with neem leaves is very efficacious in giving quick relief from earache, the leaves are soaked in boiling water and applied on the painful ear

5 One of the best remedies for earache is prepared thus the paste is made of the leaves of *Calotropis gigantea* (akda) with *conjee*, this paste is placed in the hollow stem of *Euphorbia nerifolia* (thobar), *putpak* is then made of this stem, when the *putpak* has been prepared the juice from the stem is squeezed out, a few warm drops of this juice are put in the ear,

E—OTORRHOEA

(Purulent discharge from the ear)

1. The following preparations are used as ear drops in case of discharge from the ear

- a) The medicated sesame oil or *teila ghrita* prepared with one of the following drugs,
 - i) The *swaras* of Cleome icosandra (suryavarta), this oil not only checks the suppuration of the ear but also cures the deafness due to the suppuration
 - ii) Garlic this oil also relieves atonic deafness,
 - iii) *Rala* one part of the powdered gum resin is boiled with three parts of the oil till the two ingredients have thoroughly mixed together a few drops of the strained mixture are used three times a day,
 - iv) The powdered root stock of the Sweet Flag (*vacha*) and *camphor*,
- b) The *swaras* expressed either from
 - i) The leaves of the Indian Coral Tree (*mandar*),
 - ii) The leaves of the Holy Basil (*tulsi*) or the Sweet Basil (*babuntulsi*)
 - iii) The capsules of the Cotton Plant, the *swaras* is mixed with honey before it is put in the ear,
 - iv) The slightly hot leaf stalk of *Alocasia indica* (*mankanda*), this juice is particularly recommended in the running of the ear of a child,
 - v) The root of *Clerodendrum serratum* (*bharangi*),
 - vi) The leaves of *Vitex negundo* (*indrani*), this juice is mixed with sesame oil, rock salt and *gur* before it is used as ear drops
- c) The mixture of one part of powdered turmeric and twenty parts of alum, this mixture is particularly useful in chronic suppuration
- d) Lemon juice mixed with carbonate of potash

2 The pustulating ear is cleaned with the decoction of the bark of the Babul Tree and is then thoroughly dried with cotton wool, in the dry ear are put a few drops of the water in which a piece of roasted alum has been pickled, the water is made slightly warm before it is used

3 The decoction of the bark of the Aspen Tree (*ajuna*) is used for cleaning the affected ear.

4 A few drops of the warm mixture prepared by boiling the milky juice of *Calotropis gigantea* (*akaa*) with ghee or milk are put in the suppurating ear, this mixture also removes maggots infesting the ear.

5 The powder of the bark of the Sal Tree (*sal*) is blown into the affected ear, a few drops of the *swaras* of the capsule of the Cotton Plant are then put in the ear, this will completely check the running of the ear.

6 The powder of the dry flowers of the Horse Radish Tree (*shigru*) is blown into the ear to stop the running of the ear.

7 The hot poultice of roasted onion gives great relief in case of a constant and painful discharge of foetid matter from the ear.

C—MISCELLANEOUS

1 The oil prepared by boiling the powder of the dry fruits of *Helicteres isora* (*maradphali*) with sesame oil is very efficacious in ear diseases, a few drops of the strained oil put in the ear cure the ulceration of the ear, earache, inflammation of the ear, purulent discharge from the ear, etc.

2 If the diseased ear is exposed to the smoke arising from the powder of long pepper sprinkled on live charcoal the smoke will relieve pain and get rid of the foul smell emanating from the ear.

3 A few drops of the *swaras* expressed from *Gynandropsis gynandra* (*ajghandha*) put in the ear relieves earache, running of the ear, etc, this *swaras* may cause considerable burning sensation in the ear.

4 The following preparation is very useful for the cure of many ear diseases, mustard oil 13 oz, sulphur 1 oz, turmeric 1 oz and the juice of dhateora leaves 52 oz are boiled together, a few drops of the strained oil are used when required.

5 If the ear has gone deaf due to a chill a piece of garlic wrapped in cotton wool is inserted into the ear as a plug.

6 The juice expressed from the bulb of *Gloriosa superba*

(kalihari) dropped in the maggot infested ear is efficacious in removing the maggots

7 If the maggot infested ear is exposed to the smoke arising from the sliced fruits of *Solanum xanthocarpum* (kantakarika) placed on live charcoal the maggots will be drawn out of the ear

ECZEMA

See "*Skin Diseases—C*"

ELEPHANTIASIS

1 The following preparations are used as external applications over the affected parts

- i) The paste made of the fresh plant of *Eclipta alba* (bhangra) with sesame oil,
- ii) The paste made of the roots of *Sida cord folia* (bala) with the juice of the Palmyra Palm (tada) or with a little yellow sulphide of arsenic
- iii) The juice or the decoction of the plant of babchi seeds (bavachi)
- iv) The paste made of the root bark of *Calotropis gigantea* (akda) with *conjee* this is particularly useful in elephantiasis of the legs and the scrotum,
- v) The ointment made of one drachm of the powder of the leaves of *Centella asiatica* (brahmi) with one ounce of some bland oil or the *swaras* of the fresh plant or the juice of the dry plant extracted with water, at the same time 1 to 5 drops of the juice are taken internally three times a day

2 The gum resin of the Gum Kino Tree (bijasar) is given with cow's urine or honey this is a very efficacious remedy

3 The *swaras* of the leaves of the Bonduc Nut (*putikarani*) is given as much as the patient can drink

4 The powder of the root of *Cassia occidentalis* (kasundi) is given with cow's milk

5 The powder of chebulic myrobalan (harada) is given with cow's urine or the powder fried in *ghee* or castor oil is given with cow's urine

6 The powder of the root of *Argyrea speciosa* (samudra sosh) is given with *conjee*

7 The powder of turmeric is given with *gur* and cow's urine.

8 The *swaras* of the leaves of *Putranjiva roxburghii* (putrajivaka) is given in doses to suit the capacity of the patient

9 The decoction of the bark of the Teak Tree (sagvan) is given with cow's urine

EMETICS

(Drugs promoting vomiting)

1. The pulp of the fresh or dry fruit of *Randia dumetorum* (madana) is one of the best and safest emetics but the thick rind of the fruit and the seeds have no emetic properties, the pulp of one or two ripe fruits or the powdered pulp of the dry fruit in doses of 15 to 60 grams, taken with hot water, is sufficient an emetic

11) In fever the pulp of the fresh or the dry fruit is given as an emetic with hot water and either long pepper, the seeds of the Conessi Bark (kurchi), liquorice root (madhuka) honey, rock salt or sugar cane juice, the pulp can also be given with the decoction of black raisins and emblic myrobalan (amla)

2. The pulp of turpeth root (nishottar) mixed with honey and *ghee*, if taken slowly, is an efficacious emetic in fever

3 The decoction of *triphala* given with *ghee* and honey acts as an emetic

4. The shelled seeds of bitter luffa (kadvi torai) are given as an emetic in 20 to 30 grain doses, the decorticated macerated seeds are mixed with water, the strained liquid, which is greenish in colour, is taken as an emetic

5. The *swaras* of the leaves of *Acalypha indica* (harita manjari) is a very safe and efficacious emetic especially for children it is given in one teaspoonful doses, for adults the dose may be increased upto four teaspoonfuls

- ii) The *swaras* of the leaves and tender shoots mixed with a little neem oil applied to the tongue of an infant sickens him and removes the viscid phlegm that has stuck inside his throat

6 The infusion of half an ounce of the florets of the inflorescence of *Chrysanthemum indicum* (sevanti) in 10 oz of warm water for half an hour is an efficacious emetic, it is given in 1 to 2 oz doses, a larger dose may be given if required

7 As an emetic the powder of the bark of *Ailanthus excelsa* (mahavru) is given in doses of 15 grains

8 The root bark of *Alangium salvinifolium* (ankola) is a safe and efficient emetic, it is given in 50 grain doses, in smaller doses of about 10 grains, it acts as a nauseant

9 The powdered seeds of *Barringtonia acutangula* (samudraphala) in doses of 2 to 5 grains mixed with a little juice of fresh ginger are given to children as an emetic to aid the expulsion of the mucus from the larynx

10 The bulb of *Cinnam asiaticum* (nagdamni) is given in small doses as an emetic, it does not cause colic, nausea or any other ill effects, the juice of the bulb is given in 2 to 4 oz doses, repeated every 20 minutes or so till the desired result is obtained

- ii) The infusion of the bulb is given in 4 drachm doses at short intervals till emesis is produced, the infusion is prepared by keeping half an ounce of the macerated fresh bulb in 2 oz of cold water

- iii) The syrup of the bulb is given in 2 oz doses as often as required the syrup is prepared by keeping 8 oz of the macerated bulb in a pint of boiling water for a couple of hours, the strained infusion is boiled with one pound of sugar over a slow fire till the liquid becomes syrupy, this syrup is particularly useful for children

- iv) The powder of the dried pieces of the bulb is given in large doses

11 The powder of the root bark of *Calotropis gigantea* (akda) is given as an emetic in doses of 30 to 60 grains with hot water.

12. To induce emesis in biliousness the juice of the bark of *Pongamia pinnata* (karanja) is taken or the bark is chewed.

13. To induce emesis in biliousness a drink of water mixed with the juice of neem leaves is given

14. The root stock of the Sweet Flag (*vacha*) is given in 80 grain doses with a glassful of tepid water.

15. The decoction of liquorice root (*madhuka*) is given with the addition of 45 grains of mustard powder as an emetic, especially in cough, indigestion and toxic effects

16. The *swaras* of the leaves of the Horse Radish Tree (*shigru*) acts as an emetic in about one and three fourths of an ounce doses

17. In the case of poisoning when it is essential to empty the stomach as soon as possible the following preparations are administered

- i) Copper sulphate, 5 to 10 grains of the powder of this chemical dissolved in a glassful of tepid water, if necessary another dose may be given half an hour later, to hasten the emesis the patient should be made to drink large quantities of tepid water, if this chemical causes ill effects they can be counteracted by giving the white of an egg to the patient;
- ii) The emulsion of soap nut (*rittha*) in doses of $1\frac{1}{2}$ to 2 drachms, this is a strong emetic and removes all sorts of toxins, including toxins due to bites of animals;
- iii) The powder of the wood of *Grewia tiliaefolia* (*dhanvana*) in opium poisoning,
- iv) A spoonful of powdered mustard seeds with water;
- v) The juice of the stem of the Plantain Tree,
- vi) The decoction of bitter luffa (*kadvī torai*),
- vii) The roots or seeds of *Lagenaria siceraria* (*kadvī tumbi*) made into a paste with water,
- viii) The roots of *Amaranthus polygamus* (*chaulai*) macerated with hot water,
- ix) Milk, with or without sugar, given in large quantities to induce emesis.

EPILEPSY

(Chronic functional nervous disorder causing convulsions and attacks of unconsciousness)

1 In epilepsy the following preparations are used as sternutatories or errhines

- i) The mixture of the juice of *Luffa echinata* (devdali) and the milky juice of *Euphorbia nerifolia* (thohar)
- ii) The macerated leaves of *Sesbania grandiflora* (agastya) and powdered black pepper mixed with cow's urine,
- iii) The mixture of the juice of neem leaves and long pepper,
- iv) The mixture of the juice of citron (bijora) and of the leaves of *Vitex negundo* (indran),
- v) The juice of white onions,
- vi) The paste of soap nut (ritha) made with lemon juice,
- vii) The smoke from burning sulphur,
- viii) The powder of the roots and stems of *Anacyclus pyrethrum* (akallak) mixed with honey

2 The paste made of mustard with cow's urine is applied on the body

3 The paste made of the roots and stems of *Anacyclus pyrethrum* (akallak) is given orally

4 The *swaras* of the leaves of *Sesbania grandiflora* (agastya) is given with black pepper and cow's urine

5 Liquorice root (madhuka) made into a paste with pumpkin fruit (petha) is given this treatment is to be continued for three days

6 The *swaras* of *Centella asiatica* (brahmi) is given with milk.

7 About 25 grains of the powder of the root stock of Sweet Flag (vacha) is given with honey twice a day, only milk diet is to be given during this treatment

8 The juice of the root of the *Costus* (kusht) is given with honey

9 Garlic mixed with sesame oil is given.

10. The compound powder made up of two parts of long pepper, three parts of black pepper and one part of rock salt is given in doses of 90 grains whey.

11. The paste made of 180 grains of *Asparagus racemosus* (shatavari) is given with milk

12. The following preparations are used as eye salves in epilepsy:

- i) The juice of white onions;
- ii) The emulsion of soap nut (ritha), if the eyes begin to smart after applying this emulsion a little *ghee* dropped in the eyes gives quick relief.

EXPECTORANTS

(Drugs which promote the expulsion of secretions from the air passages)

1. Soap nut (ritha), in small doses of 10 to 20 grains, is given as an expectorant in the form of an emulsion made with water; in larger doses this fruit acts as an emetic

2. A drink of buttermilk mixed with powdered omum seeds (yavani) is an efficacious expectorant especially when the phlegm has got stuck inside the throat and cannot be thrown out.

3. The powder of the pulp of the fruit of *Randia dumetorum* (madana) in small doses of 5 to 10 grains works as an expectorant; the powder is sieved through cloth before it is used.

4. A piece of the root stock of the Zedoary (karchur) or of the Sweet Flagor of (vacha) sucked slowly loosens the phlegm and helps in its expectoration

5. As an efficacious expectorant *Adhatoda vasica* (vasa) is very useful; the juice expressed from the leaves of which a *putrak* has been made is given in doses of 90 grains to half an ounce with honey.

- ii) The *phant* made of 10 to 20 grains of the flowers is given.

6. The infusion of ten long peppers is given with the addition of honey.

7 The mixture made up of equal parts of powdered long pepper, ginger, black pepper, cinnamon and caraway seeds is an efficacious expectorant

8 The *swaras* of the leaves of the Holy Basil (*tulasi*) given in doses of 45 grains with the juice of onions, ginger and honey is a very useful expectorant, especially in cough, bronchitis and fever

ii) The macerated leaves given with honey to children are a good expectorant in chronic cough

9 Betel leaves aid expectoration, either they are chewed or their juice is swallowed.

10 The emulsion of the shelled seeds of bitter luffa (*kadvī torai*) is given as an expectorant in doses of 5 to 10 grains

11 The Indian Squill (*jangli piyaz*) is very efficacious in loosening the phlegm and in helping to throw it out, the bulb is given in doses of 2 to 6 grains, it is a valuable expectorant in asthma, phthisis and other chest diseases

12 The powder of the galls of *Pistacia integerrima* (*karkatasringi*) is an expectorant in doses of 20 grains combined with a demulcent, it is of special value in cough and phthisis

13 The paste made of heleric myrobalan (*bahira*) and liquorice root (*madhuka*) with cow's urine is slowly sucked to loosen the phlegm and to aid expectoration

14 The decoction of liquorice root (*madhuka*) given with sugar is a useful expectorant.

DISEASES OF THE EYE

A—GENERAL

1 The mixture of equal parts of the *swaras* expressed from leaves of the Sissoo Tree (*sissoo*) or of the Horse Radish Tree (*shigru*) and honey is applied in the eyes to give relief in eye diseases

2 In eye diseases the salve made of the powdered seeds of *Pongamia pinnata* (*karanja*) well mixed with the juice of the flowers of the Flame of the Forest (*palasa*) is used

3 The poultice of the leaves of the Tanner's Cassia (tarwar) boiled in milk is applied over the eyes to give relief from pain

4 The paste made of the powdered bark of Albizzia lebbek (sirisha) is used as a salve in eye diseases

5 The mixture of very finely powdered chebulic myrobalan, ginger and ghee is applied as a salve in eye diseases.

6 The decoction or infusion of the root of the Indian Sarsaparilla (ananta) mixed with honey is applied to the eyes in corneal ulcers and other diseases

7. The infusion prepared by soaking dry emblic myrobalans (amala) overnight in water in a new earthen vessel is very efficacious for washing the eyes in eye diseases, an infusion of the seeds is equally efficacious

8 In eye diseases the oil from the seeds of Guizotia abyssynica (krishnatil) is applied.

B—CONJUNCTIVITIS

(Inflammation, running and reddening of the eyes).

1 The mixture of the juice expressed from the bark of the Babul Tree and milk is used as a collyrium

ii) The poultice of the leaves is applied to the eyes of children

2 Either the very fine powder of the seeds of the Tanner's Cassia (tarwar) is blown into the eyes or the salve made of the powder with sesame oil or castor oil is applied in the eyes

3 The root of Berberis asiatica (darnharidra) is a very efficacious drug in conjunctivitis, the decoction made by boiling 2 oz of the root in 26 oz of water till the quantity is reduced to about 3 oz is used as a collyrium, it is mixed with honey before it is used, the compress made of this mixture is equally efficacious

4 The decoction of turmeric is a very cooling application in conjunctivitis, either the eyes are washed with this decoction or the compress made with this decoction is applied over the eyes; this decoction is particularly useful in catarrhal and purulent ophthalmia.

5 Blue stone is very effective in conjunctivitis of children, either the salve made of 2 to 5 grains with honey or of 1 to 2 grains with 1 oz of water is used

6 The *swaras* expressed from the Dhub Grass (*harali*) is a useful collyrium, especially in catarrhal ophthalmia

7 The paste made of the milky juice of *Euphorbia neruifolia* (*thohar*) with the soot of a *ghee* lamp is an efficacious salve

8 The decoction of coriander seeds (*dhanya*) is very efficacious in conjunctivitis, a few drops placed in the eyes immediately soothe them and check the purulent discharge from the eyes

ii) In conjunctivitis of children a compress made of the infusion of the seeds is applied

9 A few drops of castor oil put in the affected eyes are useful as they make the eyes run later the powder of coriander seeds or turmeric or sugar or of the three ingredients mixed together is blown in the eyes

10 The drops of onion juice put in the eyes are efficacious in conjunctivitis

11 The salve made of the hard woody type of chebulic myrobalan (*harada*), alum and water is applied in conjunctivitis

12 The poultice made either of

- i) The flowers of the Tamarind Tree,
- ii) The leaves of *Aloe barbedensis* (*kumari*) with the addition of a little burnt alum, the pulp of the leaves is well washed with cold water before the alum is added to it,
- iii) The leaves of the Incense Tree (*salai*),
- iv) The green leaves of the Pomegranate Tree,
- or v) The flowers of the Yellow Champa (*champak*) and sesame oil is applied to the affected eyes

C—NIGHT BLINDNESS

1 The leaves of *Sesbania grandiflora* (*agastya*) are eaten regularly as a potherb, at the same time the paste of long pepper made with cow's urine is applied round the eyes

2. The paste of the roots of *Achyranthes aspera* (apamarga) made with water is applied round the eyes, at the same time the root in doses of 100 grains, is eaten

3. The spawn of a fish cooked with the juice of *Eclipta alba* (bhanga) eaten for a week cures night blindness, the diet should be light during this treatment

4. The leaves of *Leptadenia reticulata* (dori) or of the Castor Oil Plant are eaten as a potherb cooked with *ghee*.

5. The following preparations are used as salves round the eyes in night blindness

- i) The *swaras* of the leaves of *Momordica charantia* (kareita) mixed with powdered black pepper,
- ii) The powder of black pepper, ginger and long pepper (pipili) mixed with honey,
- iii) The powder of black pepper mixed with curds,
- iv) The roots of the white variety of *Boerhaavia diffusa* (punarnava) macerated with *conjee*,
- v) The tubercles of the Nut Grass (*nagarmusta*) macerated with cow's urine,
- vi) Red sandal wood (rakta chandan) and the seeds of dry dates made into a paste with neem juice,
- vii) The juice that naturally exudes or is expressed from the roots of the Flame of the Forest (palasa) or the juice expressed from the flowers.

6. Two drops of the *swaras* of the Holy Basil (tulsi) are put in the eyes every day for a fortnight

7. The decoction of the leaves of *Albizia lebbek* (sirisha) is given in night blindness and at the same time the *swaras* of the leaves is applied as a salve to the eyes

D—OPACITY OF THE CORNEA

1. The following preparations are applied as salves to the eyes in opacity of the cornea

- i) The paste of ginger made with curds,
- ii) The mixture of *rala* and honey,
- iii) The paste made of the powdered seeds of *Pongamia pinnata* (karanja), the *swaras* of the flowers of the Flame of the Forest (palasa) and water,

- iv) The milky juice of the Banyan Tree (*vata*) mixed with camphor
- v) The paste made of the tubercles of the Nut Grass (*nagarmusta*) with cow's urine

2 The poultice of the leaves of *Achyranthes aspera* (*apamarga*) is applied over the eyes or the warm poultice of the fine powder of the Lodh Tree (*lodhra*) made with hot water

3 The decoction or the infusion of the root of the Indian *Sarsaparilla* (*ananta*) mixed with honey is applied to the eyes.

E—MISCELLANEOUS DISEASES OF THE EYES

1 The poultice made of the leaves of the Tanner's Cassia (*tarwar*) or of *Cassia occidentalis* (*kasondi*) boiled in milk is applied over aching eyes

2 The mixture of equal parts of honey and the juice either of a betel leaf or of the fresh root of the Turpeth Root (*nishottar*) is dropped in the eyes if they are painful

3 When the eyes are painful apply frequently the water in which the pulp of the leaves of *Aloe barbedensis* (*kumari*) has been well washed, to this water a little roasted alum and opium are added before it is put in the eyes

4 When the eyes are very painful and swollen the poultice of the boiled leaves of *Cleome icosandra* (*suryavarta*) is applied over the eyes

5 A grain or two of the finely powdered shelled seeds of *Cassia absus* (*chaksu*) blown into the eyes gives relief from pain.

- ii) The warm poultice of the powder made with *ghee* is applied

6 If the painful eyes are frequently brushed with the piece of cloth that has been soaked in the juice of colocynth (*indravaruni*) quick relief is obtained

7 When the eyes are watery the soot collected from the *ghee* coated inner bark of the Indian Coral Tree (*mandar*) held over the flame of a *ghee* lamp is a very efficacious salve, it is applied on the lower eyelid of the running eye

8 The mixture of the thick decoction of Babul leaves and honey is applied as a salve when the discharge from the eyes is watery

9 The decoction of the tender leaves of the Jambul Tree (jamun) is used for washing the eyes of children when the secretion from the eyes is watery or purulent

10 The paste of *rasol* made with milk is applied to the swollen eyes

11 When the secretion from the eyes is yellowish the paste made of the powder of deodar with cow's urine is applied to the eyes

12 In granulation of the eyelids the juice of the Prickly Poppy (bharband) is applied on the inside of the eyelids

13 The salve made of the paste of *triphala* is applied to the eyes when the secretion is watery

14 To bring to a head the styne on the eyelids the gum that exudes from the cut end of a fresh mango leaf is applied on the styne

15 The paste made of dry emblic myrobalans (amla) which have been soaked overnight in a mixture of water and sesame oil is applied to the eyes in the morning for relief of burning of the eyes this salve is washed away after a couple of hours

16 The poultice of the macerated leaves of the Babul Tree or of the Incense Tree (salai) is applied over burning eyes

FAINTING FITS

1 Garlic or onion is used as smelling salts in this disease

2 The paste made of ginger with water is applied to the eyelids as a salve,

3 The mixture of the powders of ginger and onion seeds (yavani) or of ginger, black pepper and long pepper is used as snuff

4 Fresh ginger and powdered *triphala* are given with *gur*

5 Barley flour given with sugar and coconut water is an efficacious remedy

6 Powdered liquorice root (madhuka) is given with the juice of pumpkin (petha)

7 The juice of the leaves of *Sesbania grandiflora* (agastya) is given with black pepper to children suffering from fainting fits.

ii) The mixture of the leaves, black pepper and cow's urine is introduced in the nose of an adult

8 The decoction of chebulic myrobalan (harada) is given in fainting fits

ii) The paste made of chebulic myrobalan and sugar with water is applied to the eyelids of a child suffering from fits

9 The mixture of 10 parts each of almonds, pistachio seeds, chilgoza (the seeds of *Pinus gerardiana*) and poppy seeds, 5 parts of saffron, 1 part of camphor and 50 parts of sugar is given to patients suffering from fainting fits

10 The patient is made to swallow the paste of long pepper (pipili) made with honey

11 The mixture of powdered turmeric and sugar is given with water for the control of fainting fits

12 The mixture of the shelled seeds of the Jujub Tree (ber), long pepper, the roots of the Khus khus Grass (khus) and the flowers of *Messua ferrea* (naghesar) made into a paste with water is an efficacious remedy for controlling fainting fits

DISEASES OF THE FEET

A—' BURNING OF FEET

1. The poultice of the Henna Plant (mendi) made with vinegar or lemon juice is very efficacious for the cure of this trouble

2 The paste of the fresh leaves of *Momordica charantia* (kareila) or their juice is rubbed on the soles

3 The leaves of *Vitex negundo* (indran) applied on the burning parts give quick relief

4 Kokum butter is applied on the burning parts

5 The pulp of the fruit of *Lagenaria vulgaris* (kadvi tumbi) is applied as a poultice on the affected parts

6 The juice of *Eclipta alba* (bhanga) is applied in "burning of feet"

B—CRACKING OF THE SOLES OF THE FEET

1 The medicated sesame oil or *teila ghrita* prepared with the juice of *Solanum xanthocarpum* (kantakarika) is applied on the cracks, especially those that occur during the rains

2 The soles of the feet are massaged with sesame oil and the feet are fomented by keeping them in hot water

3 The paste of the seeds of *Lagenaria vulgaris* (kadvi tumbi) or the paste of nutmeg (jaiphal) is applied on the cracks, the paste is made with water

4 The milky juice of the Pipal Tree or the Banyan Tree (vata) is applied over the cracks, the poultice of the figs and seeds of the Banyan Tree is equally efficacious

5 The juice of an unripe mango or of mango leaves or the gum from the stem of the tree is an efficacious dressing for cracks on the soles

6 The oil obtained from the shell of cashew nut is applied on the cracks

7 The ointment made by boiling marking nut (bhilavan) with *rala* is very efficacious

8 The juice of the leaves of *Barleria prionitis* (kat shareya) is applied over the cracks, the juice is also applied on the soles in the rainy season to harden them and thus to prevent the cracking

C—MISCELLANEOUS DISEASES

1 The juice of *Eclipta alba* (bhanga) is applied on the cuts between toes in athlete's foot

2 The leaves of *Crataeva nurvala* (varuna) are applied over the swellings of the feet and the hands

3 The paste made of the roots of *Boerhaavia diffusa* (punarnava) with the juice of dhatoora is applied on the swollen feet and hands

FEVERS

A—GENERAL

1. The Holy Basil (tulsi) is very efficacious in fevers

- i) The *swaras* of the leaves is given in doses of 180 grains with 45 grains of powdered black pepper
- ii) Tulsi tea made by boiling 180 grains of the leaves in one pound of water till the quantity is reduced to half or one fourth, is a useful drink in fevers; it may be taken with milk, sugar and powdered cardamoms
- iii) The pill mass made of 1 oz of the leaves, 180 grains of cloves and 140 grains of black pepper is divided into a number of pills, each of the size of a pea, one such pill is given each time morning and evening

2. The powder of the root of the Horse Radish Tree (shigru) is given in doses of 5 to 20 grains

3. The Bonduc Nut (putikaran) is an efficacious drug in all types of fevers except remittent fever, it can be given even in those cases where quinine cannot be given

- i) The powder made of equal parts of the decorticated seeds and black pepper is given to adults in doses of 15 to 30 grains three times a day.
- ii) The *swaras* of the leaves in doses of about an ounce or two is given with a grain of fried asa foetida or powdered black pepper three times a day
- iii) The root bark is given in doses of upto 10 grains
- iv) One decorticated roasted seed is very effective especially when the patient feels feverish and his whole body aches

4. The pills made of the powdered dry leaves of *Vitex negundo* (indrani) with *gur* are given in fever

- ii) The steam bath of the fresh leaves is given to the patient

5. The mixture of the powder of the root bark of *Achyranthes aspera* (apamarga) and black pepper is given in fever

6. In various types of fevers *Aristolochia bracteata* (kidamari) is very efficacious.

- i) The *swaras* of the leaves is given in doses of 1 oz to adults; and 45 to 90 grains to children.
- ii) The powder of the plant is given in 45 grain doses with honey.
- iii) The *phant* prepared by infusing half an ounce of the lightly pounded dry plant in 10 oz of boiling water is given in doses of 1 to 2 oz.

7. *Aristolochia indica* (ishwarimul) is very efficacious for all kinds of fevers, especially remittent fevers and fever after childbirth, 10 to 30 grains of the powder of the *panchang* of the dry plant are given with betel leaf or *trikatu*.

8. The root of the Atis Root (*ativisha*) is given in upto 30 grain doses, every four to six hours, in fevers.

9. The leaves of *Nyctanthes arbortristis* (*parijataka*) are an efficacious remedy in all kinds of fevers, the juice expressed from half a dozen leaves with the aid of a little water and fresh ginger is given in one dose.

10. The *swaras* of the leaves of *Heliotropium indicum* (*hastisunda*) is given in doses of half to 3 drachms

11. The finely powdered root of the Turpeth Root (*nishot-tar*) is given with grape juice or honey in all kinds of fevers

12. The medicated *ghee* or *ghee ghrita* prepared with the juice and pulp of *Adhatoda vasica* (*vasa*) is a useful remedy in fevers.

13. The compound decoction of *Adhatoda vasica* (*vasa*), *Solanum xanthocarpum* (*kantakarika*) and *Tinospora cordifolia* (*gudunchi*) is very efficacious in fevers

14. The compound decoction of the inner bark of the Neem Tree and the *panchang* of *Trichosanthes dioica* (*kadve padal*) is highly efficacious in fevers.

15. The infusion of *Trichosanthes dioica* taken with the addition of coriander seeds (*dhanya*) is very efficacious

16. The syrup made of *Zizyphus sativa* (*unab*) is very efficacious in early stages of fever; the syrup is made by boiling one pound of the dry berries and 2 lb of sugar in 3 lb of water, the syrup is given in doses of half to one drachm with cold water.

17. The infusion of 45 grains of chiretta in one ounce of water made overnight is taken the following morning with 4 grains of camphor, 4 grains of *shilajit* and 90 grains of honey, this infusion is taken for a week

18 The compound decoction of chiretta, ginger and *diskamali* is given three times a day in ordinary fevers

19 In persistent types of fevers long pepper (*pipli*) taken as prescribed for the cure of abdominal tumours is very efficacious, see Abdominal Tumours No 11

- i) Long pepper taken according to the method known as *pipli wardhman* is very efficacious, see Alteratives No 15 ii

20 In all kinds of fevers *Clerodendrum inerme* (*sangkupi*) is one of the best drugs

- i) The leaves are eaten with betel leaf three times a day for adults the dose is 7 to 10 leaves each time, and for children 2 to 4 leaves
- ii) The *phant* of the leaves is also very efficacious, 15 to 30 fresh leaves or 35 to 40 dry leaves, cut into large pieces, are infused in one and a half cups of boiling water with 5 to 10 lightly pounded black peppers, the container is kept covered till the infusion gets cold, the strained infusion is given in three equal doses in one day to adults, for children the dose should be reduced according to age, sugar may be added to taste
- iii) These leaves can be given as a syrup, 8 oz of the shade-dried leaves cut into large pieces, are infused in about 30 oz of boiling water for a couple of hours in a closed vessel, the mixture is strained after macerating the leaves in it, an equal weight of sugar is added to this infusion, the mixture is then boiled over a slow fire to make a syrup, the dose for adults is half to one wineglassful three times a day, for children the dose is one teaspoonful to one dessert spoonful three times a day, according to age

21 The decoction of the bark of *Michelia champaca* (*champac*) is a very efficacious remedy in fevers, one ounce of the bark is boiled with 40 oz of water till the quantity is

reduced to half the strained decoction is given in 2 to 3 oz doses every two hours the first dose is usually given before the expected attack of fever comes on

- ii) The powdered bark is given in doses of 10 to 30 grains with honey

22 To bring down the temperature a foot bath of the hot decoction of the leaves of the Flame of the Forest (palasa) is very useful

23 Dhatoora leaves are an efficacious drug in various kinds of fevers 45 grains of the *swaras* of the leaves is given with about an ounce of curds an hour before the expected bout of fever, if the leaves of the black variety are used a smaller quantity of the *swaras* should be given about 15 grains

- ii) The pill mass made of 1 oz each of the fresh green leaves and the powder of black pepper is divided into small pills each of the size of a gram seed one such pill is taken three times a day with water

24 The pills made of the berries of *Embelia ribes* (vidanga) with honey are useful for bringing down the temperature and improving the taste of the mouth one such pill is retained in the mouth

25 Either the mixture of the *swaras* of mint (phodina) and of fresh ginger or the compound decoction of these two drugs is given in ordinary fevers

26 The compound decoction of black raisins and chebulic myrobalan (harada) or the decoction of ginger, followed by a drink of hot milk is efficacious in fevers

27 The decoction made by boiling together 45 to 90 grains of coarsely powdered black pepper and 1 oz of sugar in 16 oz of water till the quantity is reduced to 2 oz is an efficacious remedy in all kinds of ordinary fevers

28 The following standard preparations are given in fevers

- i) *drakshadi churna*
- ii) *kantakariadi kwath*
- iii) *amalkyadi kwath*
- iv) *amalkyadi churna*

B—ANTIPIRETICS

(Drugs used for lowering the temperature)

1 The decoction or *phant* of the Lemon Grass (*gandharina*) is given with ginger, sugar and cinnamon, to make the *phant* 4 oz of the leaves are infused in a pint of boiling water.

2 The decoction of the root of *Berberis asiatica* (*daruharidra*) is very useful as a diaphoretic and tonic in fevers, 6 oz of the root are boiled in 2 pints of water till the quantity is reduced to half, 2 oz of the strained decoction are given each time three times a day

ii) The extract of the root, *rasol*, is given in half drachm doses with water three or more times a day.

3. The decoction of the leaves of the Banyan Tree (*vata*) is given, the decoction is made of the leaves which have turned yellow, it is given with parched rice

4 The decoction of the Babul Tree is given

5 *Alangium salvinifolia* (*ankola*) is very efficacious as a diaphoretic, 6 to 10 grains of the powder of the root bark are given,

6 The very finely powdered pulp of the fruit of *Randia dumetorum* (*madana*) is given in doses of 5 to 10 grains.

7 *Barleria prionitis* (*katshareja*) is an efficacious drug as a diaphoretic

i) The *swaras* of the leaves is given in one ounce doses with black pepper

ii) The powder of dry leaves made into pills with *gur* is given

iii) The decoction of the root is given

8 The infusion of the roots of the Indian Sarsaparilla (*ananta*) is given as a diaphoretic and tonic

9 *Oroxylon indicum* (*arlu*) is a very useful diaphoretic

i) The powder of the bark is given in doses of 3 to 15 grains three times a day

ii) The bark is given in the form of a *phant*, one ounce of the bark is infused in 10 oz of boiling water, the *phant* is given in doses of 1 oz three times a day

10 The strong decoction of the root of *Sida cordifolia* (bala) is given with ginger

- 1) The infusion is given in one ounce doses twice a day

11 As a diaphoretic in ordinary fever pills made of cumin seeds (jira) with old *gur* are very efficacious, one pill made of 180 grains of the powdered seeds is given at bed time, it induces perspiration and causes a drop in the temperature

12 The root of the Atis Root (ativisha) is given in 2 drachm doses to adults and in 10 to 30 grain doses to children as a febrifuge a bigger dose can be given to adults.

13 The decoction of the fresh root of *Cocculus hirsutus* (patalgarudi) is given in doses of 4 to 5 oz

14 The root of *Cocculus laeaba* (patalgarudi medth) is a well known febrifuge

- 1) The powder of the root is given in 10 to 25 grain doses
- 2) Its decoction is given in 1 to 2 oz doses

15 The infusion of the bark of *Ailanthus excelsa* (maha vrux) is very efficacious, one ounce of the bark is infused in 20 oz of water, the infusion is given in doses of 1 to 3 oz

16 The powder of the dry pulp of a bael fruit is given in doses of 12 to 15 grains as a febrifuge and tonic

17 As a febrifuge *Clerodendrum inerme* (sangbupi) is one of the best known drugs

- 1) The *swaras* of the leaves is given in half ounce doses
- 2) The decoction of the shade dried leaves is given with aromatics, such as cloves, cardamoms, cinnamon etc
- 3) The powder of the shade dried leaves is given in the form of pills

18 The decoction of the bark of the Baob Tree (gorak amli) is very efficacious febrifuge, the decoction is made of one ounce of the bark in one to one and a half pints of water, this quantity is given in one dose

C—FEVER DUE TO BILIOUSNESS

1 The decoction of *Rostellularia procumbens* (relu) is an excellent remedy in fever due to biliousness, the decoction is also made with the addition of an equal part of *Solanum xanthocarpum* (kantakarika)

2 The powder of one plant of *Luffa echinata* (devdali) is given with water.

3 The decoction of equal parts of chiretta, *Tinospora cordifolia* (gudunchi), black raisins, emblic myrobalan (amla) and zedoary (karchur) is very efficacious.

4 A regular use of the powder of the root of *Picrorhiza kurroa* (katuki) in doses of 20 to 40 grains is very efficacious, it can be taken with sugar followed by a drink of water

5 The *swaras* of the tender leaves of the Tamarind Tree is very efficacious.

6. Long pepper (pipili) is given with *gur*.

7. The following preparation is an efficacious remedy, coriander seeds (dhanya) and rice are soaked in water over night, the following morning the whole mixture is boiled to the consistency of a thin gruel, the strained mixture is taken with sugar

8. *Galo safta* is given with sugar

9 The decoction of the pulp of the pods of *Cassia fistula* (amaltas) is very efficacious, this decoction is given with black raisins

10 The decoction of the leaves of *Woodfordia fruticosa* (dhataki) and ginger is given with sugar

11 The decoction of fennel seeds (madhurika) is given with sugar

12 The decoction of the root of *Picrorhiza kurroa*, (katuki), liquorice root (madhuka) black raisins and neem bark is very efficacious, the decoction is made by boiling 90 grains of each of these ingredients in 7 oz of water till the quantity is reduced to 2 oz.

13 The *swaras* of the flowers and leaves of *Adhatoda vasica* (vaca) taken with honey and sugar is an excellent remedy

14 The *swaras* of the root of *Gmelina arborea* (gham bhari) is very useful

15. The decoction of liquorice root (*madhuka*) coriander seeds (*dhanya*) the tubercles of the Nut Grass (*nagarmusta*) and *Tinospora cordifolia* (*gudunchi*) is very useful

D—INTERMITTENT, REMITTENT, MALARIAL

and other similar types of fevers

1 The decoction of the root of *Sida cordifolia* (*bala*) is given as a diaphoretic and febrifuge

2 The flowers of *Albizia lebbek* (*sirisha*) turmeric and *Berberis asiatica* (*daruharidra*) powdered together are given with *ghee*

3 *Clerodendrum enerme* (*sangkupi*) is one of the best drugs for these fevers (see Fevers General No 20)

4 Onions taken with a couple of black peppers twice a day bring great relief in these fevers

5 The mixture of one drachm of the powder of black pepper and half an ounce of the juice of the Holy Basil (*tulsi*) is very efficacious this treatment is to be continued for some days from the day the fever is expected to recur light food such as curds and rice should be taken during the treatment

i) 180 grains of the juice of the Holy Basil (*tulsi*) mixed with 45 grains of powdered black pepper are given in cold stages of these fevers

iii) As a prophylactic the fresh leaves of the Holy Basil are eaten early in the morning or between meals with black pepper five fresh leaves are eaten with three black peppers twice a week a smaller dose is given to children

6 The pills made of the leaves of *Centella asiatica* (*brahmi*) and of the Holy Basil (*tulsi*) and black pepper are very efficacious in these fevers equal quantities of these three ingredients are mixed together to form a pill mass a three grain pill is given each time twice a day

7 The seeds of the Bonduc Nut (*putikaranj*) are a very efficacious drug in malarial fever

- i) The mixture of equal parts of the roasted decorticated seeds and powdered black pepper is given in doses of 15 to 30 grains to adults three times a day, and in doses of 3 grains to children three times a day
- ii) The shelled seeds roasted in hot ashes are taken in doses of 130 grains with an equal quantity of salt in the morning for a week
- iii) The root bark of the herb is given in 10 grain doses.
- iv) The mixture made of one part each of the roasted shelled seeds and long pepper (pipili) and half a part each of cumin seeds (jira) and the tender fresh leaves of the Babul Tree is very efficacious, these ingredients are macerated together, pills, each of the size of a gram seed, are made out of this mixture, two such pills are given three times a day, this treatment is to be continued for three days

8 Chiretta is very useful in these fevers.

- i) The powder of the whole plant is given in doses of 10 to 40 grains, it may be given with the addition of aromatics like cinnamon, ginger, the Lemon Grass (gandhatrina), etc
- ii) The *phant* prepared by soaking one part of the plant in 10 parts of boiling water for half an hour, is given in doses of half to one ounce, the *phant* is generally made with the addition of aromatics like cardamoms cinnamon ginger, cloves, the Lemon Grass (gandhatrina) etc.

9 *Tinospora cordifolia* (gudunchi) is an efficacious drug in these fevers

- i) The decoction of the stem is given in doses of 1 to 2 oz three times a day aromatics like ginger, black pepper, long pepper (pipili) etc. may be added to the decoction to improve the taste, if necessary the dose may be increased to 3 oz
- ii) The decoction made of this plant with emblic myrobalan (amla) and the tubercles of the Nut Grass (nagarmusta) or with ginger and long pepper is given

- iii) The preparation *amrutrasa* is very efficacious; it is prepared by mixing together 100 parts of the very fine powder of the stem of the plant, 16 parts each of *gur* and honey, and 20 parts of *ghee*; the dose to be given depends on the capacity of the patient, a light diet of cereals should be given

10. In ague and similar other fevers, even if they be of long standing, preparations made of the Neem Tree are very efficacious

- i) The decoction made by boiling 4 oz of the leaves in $2\frac{1}{2}$ lb of water is given.
- ii) The decoction made by boiling one ounce of the lightly pounded inner bark of the root with 25 oz of water for a quarter of an hour is given in 2 to 4 oz doses three times a day, the first dose is given a little before the expected bout of fever comes on.

These decoctions are of special value if the patient is allergic to quinine.

11. As a prophylactic the water stored overnight in a cup made of the wood of *Ailanthus excelsa* (*mahavruk*) is very efficacious, this water is taken in the morning

- ii) As a prophylactic 5 grains of the bark are taken

12 Chebulic myrobalan (*harada*) is given with honey

13 The powder of the root of the Long Pepper (*pipli*) is given with honey and *ghee* followed by a drink of hot milk.

14 Long pepper (*pipli*) taken according to the method known as *pipli wardhman* (see Alteratives No 15—ii) is very efficacious.

15 Garlic is given with *ghee* in these fevers especially if the patient has also an attack of shivering

- ii) A drink of the milk in which garlic has been boiled is very efficacious, 6 oz of well dried garlic are boiled in a mixture of 2 lb of milk and 16 lb of water till all the water has evaporated, the liquid is strained before taking it

16 The leaves of *Achyranthes aspera* (*apamarga*), made into 4 grain pills with black pepper and *gur* are a very efficacious substitute for quinine

E—SLOW PERSISTENT OR CHRONIC FEVER

1 The pill mass made of equal parts of *Centella asiatica* (brahmi) the leaves of the Holy Basil (*tulasi*) and powdered black pepper, is divided into 3 grain pills, one such pill is given twice a day, morning and evening, in slow chronic fever

2 The decoction of black pepper, given twice a day, is very efficacious, it is prepared by boiling overnight a table spoonful of powdered black pepper in 2 lb of water till the liquid is reduced to about 8 oz, the strained cold decoction is given the following morning, the second dose of the decoction is made in the morning and given at night

3 The infusion of chiretta is an excellent remedy in this type of fever, the infusion is made by soaking overnight 45 grains of chiretta in an ounce of water, the infusion is strained the following morning and administered with 4 grains of camphor, 4 grains of *shilajit* and 90 grains of honey, this mixture is to be continued for a week to have the desired effect

4 The yellow juice of the Prickly Poppy (*bharband*) or the powdered seeds are given with lemon juice

5 The *panchang* of *Phyllanthus niruri* (*bhumyamalki*) is given macerated with water

6 A handful of pomegranate leaves and a handful of the leaves of *Phyllanthus neruri* (*bhumyamalki*) are soaked overnight in lemon juice, the leaves are macerated in this juice the next morning and a little powder of cowries is added, the strained juice is given twice a day for a week

7 Two small galls of the Gall Nut (*mayaphala*) are given for a week to children suffering from slow persistent fever, these galls are soaked overnight in water, the following morning they are given in the form of a paste made with one ounce of cow's milk

8 The decoction of the root of the Bael Tree (*bilwa*) is given with milk

9 Powdered long pepper (*pipli*) is given with honey

11) The milk in which 5 to 7 long peppers have been boiled is given

10 The milk boiled with *ghee* sugar, ginger, black raisins, and dry dates is a very efficacious remedy

11 *Galo satva* is given with *ghee* and sugar or honey and sugar

12 The pill made of 15 grains of powdered long pepper (*pipli*) with the juice of *Tinospora cordifolia* (*gudurchi*) is given for the cure of slow persistent fever, the powder is well mixed with the juice and dried in shade, this dry powder is again mixed with the juice and dried once again this process of alternately mixing the two ingredients and drying the mixture in shade is repeated several times, more often the process is repeated the greater the efficacy of the pill

13 The *swaras* of the Holy Basil (*tulsi*) is given with powdered black pepper and honey

14 Sixty grains of celery seeds (*ajmoda*) are taken with cold water each time, morning and evening, the seeds are swallowed whole without chewing

15 The powder of the bark of the Arjun Tree (*arjuna*) is given with *ghee* or honey or milk

16 Fresh ginger made into a paste with *vhey* is an efficacious remedy in slow chronic fever

17 In slow persistent fever cumin seeds (*jira*) are very efficacious

- i) Powdered cumin seeds are given in small doses of a few grains with old *gur*, either early in the morning or at bed time at night, the treatment is to be continued for three weeks
- ii) Cumin seeds infused in cow's milk are taken with sugar, they not only get rid of the fever but also act as a tonic
- iii) The confection made of 8 oz of cumin seeds and 1 oz of caraway seeds (*shia jira*) made with sugar candy or old *gur* is given for the cure of slow chronic fever cumin seeds and caraway seeds are slightly fried in *ghee* and finely powdered before they are made into a confection, the confection is given in doses of 180 grains at night at bed time for six weeks

18 The standard preparation known as *talisadi churna* is given.

F—THIRST DUE TO FEVER

1. When the patient is suffering from excessive thirst as a result of fever the infusion of coriander seeds (*dhanja*) is very efficacious, the infusion is given with sugar and honey, this drink readily quenches the thirst

2 In excessive thirst due to high fever the decoction of *Onosoma bracteatum* (*gaozaban*) is an excellent drink, the decoction is made by boiling 180 grains of the plant in 4 oz of water, 2 to 4 oz are given in one dose

3 The decoction of the pulp of the fruit of *Gmelina arborea* (*kashmary*) is a satisfying drink in thirst due to high temperature

4 The gruel made of emblic myrobalan (*amala*) is given with fresh ginger, *ghee* and sugar to satisfy unsatiable thirst in fever

5 The following decoction is an efficacious cooling drink in fever one ounce of the mixture of equal parts of the fruit of *Gmelina arborea* (*kashmary*), *Grewia asiatica* (*dhanawana*), liquorice root (*madhuka*), red sandal wood (*rakta chandan*) and the roots of the *Khus khus* Grass (*khus*) is boiled with 13 oz of water till the quantity is reduced to half

6. As a cooling drink in fever half a drachm of the following preparation is given with water. 2 drachms of tamarind, 1 drachm each of black pepper, cloves and cardamoms, 1/2 drachm of camphor and 4 drachms of sugar, these ingredients are well macerated together with a little water.

G—TRAUMATIC FEVER

(Fever due to a wound or injury)

1. When the fever is due to some injury to the body the poultice either of i) the boiled seeds of cluster beans (*gaurani*) made into a pulp with sesame oil, ii) the leaves of the Tamarind Tree and the Tanner's Cassia (*tarwar*), iii) the shelled seeds of *Bauhinia tomentosa* (*ashmantaka*) or of *B. variegata* (*lanchnara*) made into a paste with water, or iv) *Cissus quadrangularis* (*asthisandhan*) is applied over the seat of injury.

2 The very hot decoction of the Lemon Grass (*gandharina*), ginger and sugar is administered to the patient, he is then covered with blankets to induce profuse perspiration, . .

3. The decoction of the roots and bark of *Tecomaella undulata* (rugtrora) is given with milk

4 The decoction of the Holy Basil (tulsi) is given with ginger and sugar,

FLATULENCE

See "*Disorders of the Stomach & Intestines—E*"

"FLOODING"

See "*Diseases of the Uterus & the Vagina—C IV*"

FRACTURES

See "*Bone Afflictions—A*"

GALACTAGOGUES

(Drugs that promote the secretion of the mammary glands)

1. To increase the secretion of milk the poultice made of one of the following drugs is applied over the breasts of a nursing mother

- i) The fresh tubercles of the Nut Grass (nagarmusta); a hot poultice is applied,
- ii) The flours of wheat, barley and mustard mixed together,
- iii) Long pepper (pipili) and *Coleus aromaticus* (pashan bheda);
- iv) The leaves of *Momordica charantia* (kareila).

2. The fresh leaves of the Castor Oil Plant or of *Jatropha curcas* (gangli erandi) applied hot on the breasts act as a galactagogue, the hot leaves are applied in layers

- ii) The decoction of the leaves is similarly used, the decoction is made by boiling a handful of the leaves in six to eight pints of water, the breasts are bathed with this decoction for a quarter of an hour and the pulp of the boiled leaves is applied over the breasts.

3 The gruel made of fenugreek seeds (methi) is regularly given to a nursing mother to increase the flow of milk.

4. *Ipomoea paniculata* (vidarikand) is very useful as a galactagogue.

- i) The specially prepared powder of the tuberous roots is used as a galactagogue, the powder of the small pieces of the dried tuberous roots is well mixed with the juice of the fresh tuberous roots and dried in shade, this process of alternately mixing the powder of the dried roots with the juice of the fresh roots and drying the mixture in shade is repeated several times, this preparation is given in 180 gram doses with milk or wine.
- ii) The roots are given in the form of a confection known as *vidarikand pak*, the powder of the tuberous roots mixed with an equal quantity of wheat or barley flour is cooked with milk till the mixture becomes thick, this mixture is fried with *ghee* and sugar to make a confection, this confection is given in doses of 180 grains with a little honey.
- iii) The juice of the tuberous roots is taken with sugar.

5. As a galactagogue powdered liquorice root (*madhuka*) mixed with sugar is given followed by a drink of milk.

- ii) The mixture of liquorice root and sugar is taken with the decoction of the root of *Gmelina arborea* (*kashmari*).

6. The root of *Picrorhiza kurroa* (*kutuki*) is given regularly in doses of 45 grains as a galactagogue.

7. The leaves of the Indian Coral Tree (*mandar*) are given with coconut milk as a galactagogue.

8. Hot milk taken with the addition of about 30 grains of powdered long pepper (*pīplī*) and 30 grains of powdered black pepper encourages the secretion of milk, a drink of the milk in which the roots of *Asparagus racemosus* (*shatavari*) have been macerated is equally efficacious.

9. The seeds of the Water Cress (*ahaliv*) are very efficacious in increasing the secretion of milk of nursing mothers. The seeds are taken in the form of a decoction (one part in 20 of water) or as an infusion (one part in 10 of water) or as a confection; this confection is made by boiling the seeds in milk till a gruel like mixture is formed and then adding sufficient sugar or *gur*.

10 As a galactagogue the decoction of one of the following drugs is very useful

- i) Chiretta
- ii) The roots of *Tinospora cordifolia* (guduchi) this decoction is given with milk for a few days
- iii) The bark of the Ditta Bark Tree (saptaparna)

11 The standard preparation *vidarikadi churna* is given in doses of 90 grains

GLANDULAR DISEASES

A—GENERAL

1 The mixture of the juice of the leaves of *Aloe barbadensis* (kumari) and turmeric is given orally

ii) Three ounces of the sliced leaves and 3 drachms of salt are heated together to boiling point the juice is then squeezed out of these slices this strained juice is taken with 1 oz of sugar early in the morning

2 The milky juice expressed from *Euphorbia nerifolia* (thohar) is applied on glandular swellings to prevent suppuration

3 The juice from the stem of *Ficus recemosa* (gullara) or from the roots is applied over glandular swellings

4 To relieve the pain and to reduce the inflammation of the glands the juice of dhatoora leaves is applied

ii) The macerated leaves made into a poultice with an equal quantity of rice flour and water are a very efficacious application over the swollen glands

iii) The leaves soaked in boiling water are at first used for fomenting the swollen glands and are then applied as hot as can be comfortably borne and covered with a bandage

iv) Dhatoora capsules macerated with powdered turmeric are applied as a poultice

5 Hot betel leaves are applied in layers over swollen and painful glands to promote absorption and to relieve pain

6 The poultice of the leaves of the Horse Radish Tree (shigru) is applied over glandular swellings to promote absorption

7 The milky juice of the Jack Fruit Tree (katabar) mixed with vinegar is an efficacious dressing for encouraging absorption of glandular swellings

8 The paste made of the seeds of Albizzia lebeck (sirisha) with water is a useful dressing for reducing the enlarged cervical glands

9 Liquid storax (sitarasa) is applied as a dressing over swollen glands

10 The macerated leaves of Mimosa pudica (lajja) are applied as a poultice over glandular swellings

11 The poultice of deodar and the roots of the Colocynthis (indravaruni) made with water is an efficacious remedy for reducing inflamed glands

B—GOITRE

(Enlargement of the thyroid gland)

1. The following pastes are applied as a dressing over the enlarged glands

- i) The macerated inner bark of Putranjiva roxburghii (putrajivaka),
- ii) Yellow arsenic mixed with cow's urine
- iii) The mixture of the paste of slaked lime *gur* and kitchen soot,
- iv) Dhatoora leaves macerated with the paste of quick lime and *gur*,
- v) The milky juice of Ficus racemosa (gullara),
- vi) The root of the Flame of the Forest (palasa) macerated with rice water,
- vii) The leaves of Nyctanthes arbor-tristis (parijataka), of the Bamboo and of Sida cordifolia (bala) macerated together,
- viii) The seeds of radish (muli) the Sann Hemp (shana), the Horse Radish Tree (chigru), mustard (sarson), barley and linseed macerated together with butter milk,
- ix) The root of the Atis Root (ativisha) macerated with the juice of neem

2 The decoction of Crataeva nervula (varuna) is given with honey.

3 The *swaras* of *Mimosa pudica* (lajja) or of the fruit of the Baob Tree (goruk amlu) is given in doses of 1 to 3 oz.

C—MUMPS

(A febrile infective disease)

1. The milky juice from the stem of *Ficus racemosa* (gul lara) is applied on the swollen glands, the juice from the roots is equally efficacious

2 The *swaras* of dhatoora leaves is applied as a dressing

ii) The poultice made of the leaves with an equal quantity of rice flour and water is applied on the affected parts

iii) The leaves pickled in alcohol are bandaged over the affected parts

iv) The swollen glands are fomented with the leaves soaked in hot water, the leaves, as hot as can be comfortably borne, are also bandaged over the swollen glands, they are covered with a thick wad of cotton wool

3. The juice of the leaf stalk of the black variety of *Colocasia esculenta* (arvi) mixed with salt is applied over the affected gland.

D—SCROFULA

(Chronic inflammation of glands, especially of the lymphatic glands)

1. The decoction of *Dolichos biflorus* (kulthi) is given in doses of half to 1 oz mixed with the powder of black pepper

2 The root of the *Colocynth* (indravaruni) is an efficacious drug

i) The *swaras* of the root is given in half to 2 drachm doses with cow's urine

ii) The powder of the root is given in 20 to 60 grain doses with cow's urine

3 The root bark of *Clerodendrum serratum* (bharangi) is given in about 10 grain doses, or its decoction is given in 2 to 4 oz doses.

4 The bark of *Bauhinia variegata* (kanchanar) is an efficacious drug in scrofula

- i) The bark of the stem or of the root is given in doses of 1 to 2 oz in the form of an emulsion made with rice water, powdered ginger may be added to the emulsion, or the powder of the bark is given with powdered ginger and rice water.
- ii) The decoction of the bark is given with the addition of powdered ginger.

5 The *swaras* of the leaves of *Sphaeranthus indicus* (gorakhmundi) is given in doses of 1 to 2 drachms every morning

6. Long pepper (pipli) given according to the method known as *pipli wardhman* (see Alteratives No 15-ii) is very efficacious for the cure of scrofula.

7 The powder of the roots of the Teri Pods (vankeri mul) is given in doses of 90 grains mixed with cumin seeds, milk, *ghee* and sugar

8 The paste of *Tephrosia purpurea* (sharpunkha) made with turmeric and rice water is applied as an ointment over the affected parts

- ii) The paste made of the roots with cow's urine is used as an ointment

9 Equal parts of the seeds of mustard, the Horse Radish Tree (shigru), hemp and barley are macerated together and made into a paste with sour butter milk, this is a useful application over the affected glands

10 Neem oil is applied as a dressing over pustulating scrofulous glands

11 The medicated mustard oil or *teila ghrita* prepared by boiling the oil with the juice of *Lagenaria vulgaris* (kadvi-tumbi) is an efficacious application over the diseased glands

12 The medicated mustard oil or *teila ghrita* prepared with the macerated roots of *Cassia tora* (chakund) and the *swaras* of *Eclipta alba* (bhangra) is made into an ointment with the addition of a little red lead, this ointment is very efficacious even in very bad cases of scrofula

13 The paste made of the roots of *Cassia fistula* (amaltas) with rice water is applied over the affected glands, these glands

are also washed with rice water in which the roots have been macerated, a few drops of this mixture are placed in the nose.

14 The paste made of the inner bark of *Putranjiva roxburghii* (*putrajivaka*) is applied over the affected glands

15 The paste made of sulphate of iron with the milky juice of *Calotropis gigantea* (*akda*) is used as an ointment

16 The paste made of the roots of the *Atis Root* (*atis sha*) with the juice of neem leaves is applied over the affected parts

17 The paste made of the roots of the *Castor Oil Plant* and of the *Flame of the Forest* (*palasa*) with rice water is applied.

18 The mixture of the paste of quick lime, *gur* and kitchen soot is an efficacious ointment

GOITRE

See '*Glandular Diseases—B*

GONORRHOEA

1 The juice of the roots of *Ficus racemosa* (*gullara*) is given in one ounce doses with powdered cumin seeds and sugar

ii) The infusion of the bark is equally efficacious

2 The tender leaves of the *Pipal Tree* boiled with milk are given, this drink relieves the burning in the urinary tract and reduces the discharge

3 A teaspoonful of the seeds of the *Sweet Basil* (*babul tulsi*) is infused in a glassful of water till a mucilaginous jelly is formed this mucilaginous mass is given with sugar

4 Both *Pedaliun murex* (*gokshuraka*) and *Tribulus terrestris* (*chhote gokbru*) are equally efficacious drugs in gonorrhoea

i) The mucilage obtained by agitating the fresh leaves or the plant in water is given as soon as it is formed, half a pint of the mucilage is given with sugar and powdered cumin seeds every morning for about a fortnight

ii) The powder of the leaves is given in 2 drachm doses with milk and sugar

- iii) The powder of the seeds is given in 45 to 90 grain doses with sugar, the infusion of the seeds is equally efficacious.
- iv) The decoction of the plant or of the fruit is given, the decoction of the dried fruit is given every morning when the fresh plant is not available, the decoction is made by boiling 1 oz of the fruit in a pint of water
- v) The infusion of the fine ash of one whole plant in 4 oz of water is given in 1 oz doses four times a day
- vi) The decoction of the root is repeatedly given in doses of 1 to 2 oz every two hours or so, the decoction is made by boiling 1 oz of the lightly pounded root in 20 oz of water till the liquid is reduced to 14 oz

5 The infusion of a whole plant of *Sida cordifolia* (bala) or of other species of this genus is given in 1 oz doses twice a day.

- ii) The decoction of the root bark is given with sugar

6 The yellow juice of the Prickly Poppy (bharband) is given with butter

7. The juice of the bulbous root of *Ipomoea paniculata* (vidarikand) is given in 8 oz doses mixed with sugar and cumin seeds or with 90 grains of the Indian Senna (senna).

- ii) The fresh tuber in doses of upto 45 grains is eaten with fennel (madhurika), sugar and rose buds mixed with water

- iii) The tender leaves, flowers and fruits are given

8 The cold infusion of the finely macerated leaves of the Henna plant (mendi) is an efficacious remedy, half a pound of the infusion is given with an ounce of powdered sugar each time twice a day for a week

- ii) Half a pound of the *swaras* of the leaves is given with an equal quantity of cow's milk

9 The juice of the green bark of the Emblic Myrobalan (amla) is given with honey and powdered turmeric

- ii) Eight ounces of the *swaras* of the leaves or of the juice of the fruit is given with an equal quantity of buttermilk.

- m) The powder of *triphala* is given with turmeric and sugar

10 The fresh juice of the leaves of *Aloe barbedensis* (kumari) is given in doses of 90 to 180 grains mixed with 7 grains of cumin seeds (jira) and 3 grains of black pepper

11 Bamboo manna (tabashir), *Mesua ferrea* (naghesar) and cardamoms, 180 grains of each, are made into a very fine powder and mixed with enough sandal wood oil to make a pill mass, this mixture is taken with 90 grains of sugar and 1 oz of water twice a day for a week this is one of the most efficacious remedies

12 The infusion of the inner bark of the Babul Tree made overnight is given in the morning

13 The macerated roots of the Dhub Grass (hamali) are given in doses of 2 drachms with curds

14 The juice of the green bark of the Mango Tree is given in doses of 1 oz mixed with half an ounce of lime water, this is an excellent treatment, it is to be continued for a week.

15 The juice of the leaves or the flowers and the unripe berries of the Jujub Tree (ber) are given with sugar

16 The *swaras* of the leaves of *Grewia populifolia* (nagbala) is given with sugar

17 The juice of the leaves of *Boerhaavia diffusa* (punar nava) is given in doses of 1 oz.

18 The white or rose coloured flesh of the pods of *Pithecolobium dulce* (vilayati chinch) is given with sugar

19 The seeds of radish (muli) are given in doses of 1 drachm

20. The infusion of the flowers of the Flame of the Forest (palasa) made overnight is given in the morning with 90 grains of salt petre and 180 grains of sugar

21 The water in which sesame leaves (til) are soaked is given with the addition of sugar the leaves should be removed from the water before it becomes thick and mucilaginous

- n) About 50 fresh flowers of the Sesame Plant are infused in a pound of water overnight, the following morning the mixture is churned and the flowers are removed, the infusion soon becomes mucilaginous,

2 oz of this thick infusion is given with milk and honey, twice a day for a week, the infusion should be freshly made each time it is to be taken

- iii) The infusion of the leaves of the wild variety of the Sesame Plant is very efficacious, about 160 grains of the leaves are infused overnight in a non metallic container, the following morning the leaves are macerated in the mixture and the infusion is strained, one and a half ounce of this infusion is given once a day for a week

22 The seeds of the Red Gourd (kaddu) are given in doses of 4 to 8 drachms with honey or sugar

23 The following standard preparations are very efficacious

- i) *pashanbhedadi churna*,
- ii) *triphaladi kwath*,
- iii) *galo satwa*, it is given in 30 grain doses with half a pound of milk or with *triphala* and sugar

24 The following preparations are used to irrigate the urinary tract

- i) The decoction of the bark either of the Pipal Tree or the Banyan Tree (*vata*),
- ii) Equal parts of the freshly expressed juice of raw turmeric and of the flowers of *Sesbania grandiflora* (*agastya*) are well mixed with twice the quantity of warm water the mixture is strained before it is used for irrigating the tract,
- iii) The solution of the gum from the stem of the Babul Tree
- iv) The decoction of the bark of the Babul Tree,
- v) The *swaras* of the leaves of *Ficus racemosa* (*gullar*).

25 The decoction of neem leaves is used as a hip bath when the infected urogenital organ has become so swollen that the urinary tract is more or less completely blocked, the organ should be kept well immersed in the warm decoction.

GOUT

1 The compound decoction made of neem leaves and the leaves of *Trichosanthes dioica* (*kadi padiri*) is given in gout with honey

2 Chebulic myrobalan (*harada*) is given with *gur*

3. The mixture of 180 grains each of coriander seeds (*dhanya*), cumin seeds and caraway seeds cooked with *gur* is a very efficacious remedy in gout, this mixture is taken daily for some days

4 The powder of the *panchang* of *Sphaeranthus indicus* (*gorukmundi*) is given with honey and *phes* followed by a drink of the decoction of *Tinospora cordifolia* (*gudunchi*)

5 The decoction of *Asteracantha longifolia* (*talimkhana*) is given and at the same time the plant is eaten as a pot herb

6 Long pepper (*pipli*) taken according to the method known as *pipli wardhman* (See Alteratives No 15 ii) is a very efficacious remedy

7. The decoction of the root bark of the Pipal Tree is an excellent remedy in gout

8 The *swaras* of *Ipomoea reniformis* (*akhupani*) is given in doses of 180 to 360 grains

9. The *conjes* made of the roots of *Argyrea speciosa* (*samudrasosh*) is given

10 The following preparations are applied externally over the gout affected parts to relieve pain and to reduce the swelling

- i) The poultice made of the powder of roasted sesame seeds (*til*) with milk,
- ii) The poultice of dill seeds (*soya ke bija*) made with milk;
- iii) The poultice of wheat flour made with *ghise* and goat's milk,
- iv) The poultice made of 4 parts of the paste of quick lime and 3 parts of the gum resin of the Gamboge Tree (*kankustam*),
- v) The poultice of the leaves of *Morinda citrifolia* (*al*);
- vi) The poultice of castor oil seeds,
- vii) The poultice of the powdered roots of the Horse Radish Tree (*shigru*) and *Crataeva nervula* (*varuna*) made with sour *conjee*,
- viii) The poultice of ispagbul seeds,
- ix) The medicated sesame oil or *teila ghrita* prepared with the *swaras* of *Tinospora cordifolia* (*gudunchi*) and milk,

- v) The mixture of equal parts of the oil expressed from the seeds of the Horse Radish Tree (shigru) and groundnut oil,
- xi) The swaras of dhatoora leaves

GRAVEL

See "Stone & Gravel"

GUINEA-WORM

1 The macerated pulp of the leaves of one of the following plants is applied on the affected part to relieve the swelling and to extract the worm

- i) The Custard Apple Tree (sharifa),
- ii) The Castor Oil Plant,
- iii) *Abutilon indicum* (kanghi),
- iv) The Dhatoora Plant, the pulp of the leaves is mixed with an equal weight of rice water;
- v) The Horse Radish Tree (shigru), the leaf pulp is mixed with *conjee* and rock salt,
- vi) *Mimosa pudica* (lajja),
- vii) The Papaya Tree one ounce of the pulp of the leaves is mixed in 16 grains of opium and 60 grains of common salt

2 The leaves of one of the following plants are applied over the affected part to reduce the swelling and the pain and to extract the worm

- i) *Thespesia populnea* (paris)
 - ii) The Silk Cotton Tree (semal),
 - iii) The Pipal Tree,
 - iv) The Castor Oil Plant,
 - v) *Clerodendrum phlomidis* (arni),
 - vi) *Vitex negundo* (indrani)
 - vii) *Kalanchoe pinnata* (zakhm e hayat)
 - viii) *Ipomoea pes caprae* (mariadvel)
 - ix) *Aloe barbedensis* (humari), the roasted leaves are applied hot,
 - x) The Tanner's Cassia (tarwar), the boiled leaves are applied,
 - xi) The Bitter Luffa (kadvi torai),
 - xii) *Argyrea speciosa* (samudrasosh)
- } the leaves coated
} with castor oil
} are applied hot,

} the leaves are
} applied hot

3 The thick paste made of the roots of one of the following plants is applied over the affected part to reduce the swelling and the pain and to extract the worm

- i) The Cocklebur (*aristha*),
- ii) The Horse Radish Tree (*shigru*), the paste is made with *conjee* and rock salt,
- iii) *Euphorbia nerifolia* (*thohar*)
- iv) *Ipomoea pes caprae* (*maria del*) the dry roots are used,
- v) The Prickly Poppy (*bharband*), macerated onions are added to the paste

4 The macerated seeds of one of the following plants are applied over the affected part to reduce the swelling and the pain and to extract the worm

- i) The Tamarind Tree,
- ii) The Cluster Beans (*gaurani*) the seeds are boiled before they are macerated,
- iii) The Babul Tree, the pulp of the seeds is made with cow's urine,
- iv) The Sann Hemp (*sbana*), the pulp is applied hot

5 Sesame oil cake mixed with *conjee* is applied over the affected part to reduce the swelling and the pain and to extract the worm

6 The Seeds of the Flame of the Forest (*palasa*) and of the Nux vomica Tree (*kuchla*), camphor and Indian *Bdelium* (*guggul*) mixed together in equal parts are made into a paste with water, a thick layer of this paste mixed with a little *ghes* is applied on the affected part and covered over with a leaf of the Pipal Tree, the paste and the leaf are held in position by means of a bandage, this application is kept for three days by which time the worm will be dead

7 The poultice of roasted brinjals and curds is applied over the affected part, the application of this poultice is repeated for a week

8 The poultice of stem of the Prickly Pear (*nagphani*) is applied hot over the affected part for extracting the worm, the spines from the stem are removed before it is made into a pulp

9 When an abscess has been formed on the affected part

the hot paste made of the flour of *Phaseolus radiatus* (udad) with water is applied on the abscess, with a sharp instrument enough paste is removed to expose the head or a part of the abscess; boiling sesame oil or castor oil, about 180 grains, is put drop by drop on this exposed part of the abscess; the guinea-worm will collect in a coil underneath the upper membrane of the abscess; after a couple of minutes the oil and the flour paste are carefully removed and the abscess is burst open with a sharp pointed instrument, the guinea-worm will be readily removed from the abscess; the pain due to the presence of the worm is so severe that the patient will hardly feel the pain caused by the boiling oil.

10. The paste of the roots of *Tephrosia purpurea* (shar-punkha) made with water is administered for expelling the worm.

11. Dhatoora leaves are very efficacious for expelling guinea-worms, either 90 grains of the juice of the leaves of the black variety are given in the morning with about an ounce of ghee or two to three leaves are eaten, no food is taken the whole day; at night rice and curds may be given.

If an abscess has been formed at the place of infection it should be opened and a poultice of the finely powdered capsules should be applied for three days; a new poultice should be made every day.

12. The juice of the leaves of *Vitex negundo* (indrani) is given in 1 oz doses mixed with an equal quantity of ghee twice a day, morning and evening; at the same time the hot leaves are applied over the affected part.

13. The poultice made of the seeds of the *Nux vomica* Tree (kuchla) made with water is applied on the affected part if the guinea worm has died inside

14. The pills made of the flowers of the Flame of the Forest (palasa) with gur are effective in extracting the worm, one pill is taken daily for a week.

DISEASES OF THE GUMS

1. A piece of catechu is allowed to dissolve slowly in the mouth; it is very useful in spongy or ulcerated gums.

2. The infusion of the bark of *Ficus racemosa* (gullara) is an efficacious mouth wash in spongy gums.

3 The decoction of Babul leaves is a useful gargle for spongy gums

4 Indian Bdellium (guggul) is used as a mouth wash and gargle for weak and spongy gums

5 The decoction of the bark of the Lodh Tree (lodhra) or of the Jambul Tree (jambu) is a useful mouth wash for spongy and bleeding gums

6 The fine powder of chebulic myrobalan (harada) is used as a dentifrice for the cure of spongy ulcerated and bleeding gums

7 The infusion or the decoction of the fruit of Pedalium murex (gokshuraka) or of Tribulus terrestris (chhote gokbru) is an effective gargle for ulcerated gums

8 The pulverized root bark of Albizzia lebbek (sirisha) is used as a dentifrice for the cure of spongy ulcerated gums

1) The decoction of the bark is used as a mouth wash in the relaxed condition of the gums

9 Betel nut is chewed to check the bleeding from the gums and to strengthen the gums

10 The oil expressed from the leaves of the Cinnamon Tree (Jalchini) is applied to the gums to make them firm and strong

11 The decoction or infusion of the young roots of the Coconut Palm is used as a gargle for strengthening the gums

12 The decoction or infusion of the bark of Mimusops elengi (borali) is a useful mouth wash in diseases of the gums

1) To check bleeding from the gums the bark is chewed

13 The decoction or infusion of the rind of pomegranate is a useful mouth wash in case the gums are in a relaxed condition

14 The root or the tender twig of Salvadora persica (pilu) is chewed to strengthen the gums

15 The pulp of a wood apple fruit (lawitha) is very useful in diseases of the gums

1) The decoction of the leaves is useful as a mouth wash in case of swollen gums

- 16 The decoction of the leaves of the Guava Tree (am rud) is an efficacious mouth wash for swollen gums
- 17 The tender twigs of the Banyan Tree (vata) are used as tooth sticks to strengthen the gums
- 18 To check bleeding from the gums the paste of omum seeds (yavani) is applied at bed time to the gums
- 19 The paste of the bark of the Horse Radish Tree (shu gru) made with cumin seeds and rice water is kept in the mouth for the cure of painful gums
- 20 The juice or paste of the leaves of Barleria prionitis (katshareya) mixed with common salt locally applied strengthens the gums.
- 21 The application of the mixture of the juice and honey checks bleeding from the gums
- 22 The mastication of the leaves and leaf stalks of the Mango Tree gives tone to the gums

HAEMORRHAGE

(Flow of blood from any part containing it)

A. Vomiting of blood from the internal organs

- 1 The egg of a hen is given beaten up with the soup of the seeds of Phaseolus mungo (mungo) if the lentil is not available the egg may be given beaten up with water
- 2 Red rice and the powder of Boerhaavia diffusa (punar nava) cooked with water are given with grape juice, milk and ghee
- 3 The powder of turpeth root (nishottar) given with a large quantity of honey and sugar is an efficacious remedy
- 4 The gum from the trunk of the Flame of the Forest (palasa) is given in small doses of 5 to 10 grains to begin with the dose is then gradually increased to 30 grains, this gum is particularly efficacious in expectoration of blood from the chest
- 5 The paste made of the root of the Teri Pods (vankeri mul) is an efficacious remedy, 20 to 45 grains of the root are made into a paste with 2 oz of water or milk, this quantity is given twice a day

6 The juice of pumpkin fruit (petha) is very efficacious in checking haemorrhage from any part of the body

7 The *swaras* of the leaves of *Kalanchoe pinnata* (zakhme haryat) is given in 45 to 90 grain doses with double the quantity of *ghee* and a little powder of cumin seeds

8 The flowers of the Plantain Tree are eaten as a pot herb.

9 The decoction of the leaves of *Adhatoda vasica* (vasa) black raisins and chebulic myrobalan (harada) is given with sugar and honey

i) The confection made of *Adhatoda vasica* is very efficacious the confection is prepared by cooking over a slow fire 26 oz of the juice of the plant, 13 oz of sugar and 3 oz of *ghee* till the mixture becomes syrupy, 3 oz of powdered long pepper (p phi) are well mixed with the cold syrupy mixture the following day 13 oz of honey are added to the mixture this confection is stored in a glass container it is given in 90 to 180 grain doses.

iii) The *swaras* of the leaves is given in 2 to 4 drachm doses with sugar and honey

10 The bark and seeds of the Mango Tree are very useful in checking haemorrhage

i) The *swaras* of the bark is given in 1 to 4 oz doses

ii) The infusion of the fresh bark (1 12) is given in doses of a teaspoonful with 2 oz of water every hour or two

iii) The powder of the bark is given in 10 to 60 grain doses with a little opium and the white of an egg or some mucilage.

iv) The powder of the shelled seeds is given in doses of 20 to 30 grains with honey

11 The mixture of liquorice root (madhuka) and sandal wood is given with milk

12 The *swaras* of the tender leaves of *Abutilon indicum* (kanj) is given with milk this drug is particularly efficacious in bleeding from the chest

13 The decoction or the infusion of the bark of *Terminalia tomentosa* (asana) is very efficacious in checking haemorrhage

rhage The juice expressed from the bark or its pulp is equally efficacious

14 The decoction of the leaves or flowers of *Woodfordia fruticosa* (dhataki) is very efficacious; especially in bleeding from the chest, instead of the decoction the powder of the flowers can be given in doses of 45 to 90 grains with curds, the tea of the flowers given with the addition of milk and sugar is equally useful.

15 The powder of sandalwood 2 oz and of the bark of the Lodh Tree (lodhra) 2 oz are given with rice water and sugar for stopping bleeding from the internal organs.

16 The medicated *ghee* or *ghee ghrita* prepared with coness: bark (kurchi) is an efficacious remedy, it quickly checks bleeding

- 1) The decoction of the bark prepared by boiling 2 oz of the bark with 25 oz of water till the liquid is reduced to 4 oz checks bleeding, the decoction is given with 12 grains of powdered ginger

17. *Amaranthus polygamus* (chaulai) is very efficacious; it is eaten as a pot herb

18. *Chiretta* is an efficacious remedy, 45 grains of its powder mixed with an equal quantity of sandalwood powder are given with cold water

- 1) The *phant* of the whole plant is given in doses of half to one ounce

19 The mixture of the *swaras* of the Dhuh Grass (barahi) and of the leaves of the Banyan Tree (vata) is given with honey

20 The ripe figs of *Ficus racemosa* (gullara) are eaten with honey or gur

21 The pulp of the aerial roots of the Banyan Tree (vata) is given with honey and sugar.

22 The decoction of the roots of the Khus khus Grass (khus) is given with powdered sandalwood and sugar.

23 The juice of emblic myrobalan (amla) or a preserve of the fruit is very efficacious

24 The standard preparations *eladi pills* and *vasavalgha* are given for checking vomiting of blood

- B For bleeding from the nose see Diseases of the Nose
- C For bleeding from the rectum see "Dysentery" and 'Piles
- D For bleeding from the female uro genital organs see Diseases of the Uterus & the Vagina
- F For bleeding from wounds see 'Styptics

DISEASES OF THE HAIR

A—ALOPECIA

(Development of circular bald areas on the scalp)

- 1 For the cure of alopecia the paste of the seeds of *Abrus precatorius* (gunja) is applied to the exposed skin on the scalp
- 2 The swaras of the leaves of *Trichosanthes dioica* (kadve padval) is applied on the bald areas on the scalp
- 3 The paste of black pepper is briskly rubbed on the scalp in alopecia to encourage the growth of new hair

B—DANDRUFF

(A scaly disease of the scalp)

- 1 For the cure of dandruff the leaf juice of the Indian Hemp (*vijaya*) is rubbed on the scalp an application of the paste of the leaves is equally efficacious.
- 2 Lemon juice is rubbed on the scalp
- 3 The decoction of the tender twigs flowers and unripe fruits of the *Tamarix* (jhau) is an efficacious wash for cleaning the hair and the scalp for the cure of dandruff
- 4 i) The ash of the herb of *Centratherum anthelminticum* (somraj) made into an ointment with sesame oil is applied on the scalp
- ii) The leaf juice is equally efficacious
- 5 The mixture of the leaf juice of *Eclipta alba* (bhargra) and sesame oil is an efficacious application for the scalp
- 6 The decoction of neem leaves is an excellent hair wash
- 7 The powder of the seeds or a poultice of the seeds of *Nyctanthes arbor tristis* (parijataka) is applied on the head

8 Conessi bark (kurchi) and rock salt made into a paste are a useful application over the scalp

9 The paste of the fruit of the Marking Nut Tree (bbilavan) with sesame oil is very useful . *

10 The mixture of the *swaras* of the Sweet Basil (babui tulsī) and of the Neem Tree is briskly rubbed on the scalp for the cure of dandruff.

11. As a hair wash the decoction of the pods of *Acacia concinna* (saptala) is very useful

12 The leaf juice of the Horse Radish Tree (shigru) is rubbed on the scalp for the cure of dandruff

13 The milky juice of the Pipal Tree is applied on the scalp

14 The medicated oil or *ghee ghrita* prepared by boiling over a slow fire 4 oz of mustard oil with 2 lb of the juice of the plant of the Syrian Rue (hurmal) is an efficacious application over the scalp for the cure of dandruff

15 A massage of the scalp with *brahmi* oil cures dandruff

C—HEAD LICE

For delousing the hair an application of one of the following preparations is efficacious

- i) The leaf juice of the Indian Hemp (vijaya) or the paste of the leaves ,
- ii) The medicated sesame oil or *teila ghrita* prepared by boiling the oil with dhatoora seeds and the alkaline water made from the ash of *Alocasia indica* (mankand) or by boiling the oil with dhatoora leaves ,
- iii) The paste of bitter almonds ,
- iv) The ointment made of the powder of the bark of *Celastrus paniculata* (malkangni) with mustard oil ,
- v) The paste made of the powder of *Centratherum anthelminticum* (somray) with lemon juice ,
- vi) The paste made of the roots of the white variety of the Turpeth Root (nishottar) with *conjee* ;

- vii) The juice expressed from the fruit of *Randia dume-torum* (madana);
- viii) The decoction of the pods of *Acacia concinna* (saptala),
- ix) The mixture of tobacco powder and water followed by an emulsion of soap nut (rittha); the hair is first well soaked with a mixture of tobacco powder and water and then kept covered with cloth for two or three hours; the hair is then thoroughly washed with an emulsion of soap nut,
- x) The paste made of the finely powdered seeds of custard apple (sharifa) with water, the paste is applied at bed time and the head is well covered with a piece of thick cloth, care should be taken that the paste or the liquid from the paste does not touch the eyes;
- xi) The paste made of the bark of *Diospyrus peregrina* (tendu) with cow's urine;
- xii) The ointment made of 10 grains of the seeds of the Fish Berry (kakmar) and one drachm of *ghee*, this ointment should not be used if the skin of the scalp is broken or ulcerated,
- xiii) The leaf juice of *Gloriosa superba* (kalihari).

D—RINGWORM OF THE SCALP

1. The juice of the Oleander (karer) is applied on the affected parts of the scalp

2. The powder of the seeds of *Nyctanthus arbor tristis* (parijataka) is applied on the diseased parts of the scalp.

3. The ointment made of *Pedaliu murex* (gokshuraka) or of *Tribulus terrestris* (chhote gokhru) and the flowers of the Sesame Plant (til) with honey and *ghee* is applied over the ringworm affected parts of the scalp

4. The mixture of the powder of black pepper, onions and salt is briskly rubbed on the bald patches of the scalp caused by ringworm; this will not only check the infection but will also encourage the growth of new hair.

E—HAIR WASHES AND TONICS

1 The decoction of the tender leaves of the Yellow Silk Cotton Tree (galgal) is very useful for washing and cleaning the hair

2 The decoction of *Acacia concinna* (saptala) is an excellent hair wash it is also a very effective hair tonic

3 The paste made of the powdered seeds of the Sann Hemp (shana) with coconut oil or sesame oil or castor oil is used as a hair tonic

4 The medicated oil or *tesla ghrita* prepared by boiling the macerated leaves of *Eclipta alba* (bhangra) with sesame oil or coconut oil is an efficacious hair oil for making the hair grow luxuriently, this oil also makes the hair turn black

5 The paste made of equal parts of *Pedalium murex* (gokshuraka) or *Tribulus terrestris* (chhote gokhru) and the flowers of the Sesame Plant (til) with honey and *ghee* is an efficacious hair ointment for making the hair grow luxuriently

6 The juice of *Barleria prionitis* (katshareya) or of *Solanum xanthocarpum* (kantakarika) mixed with honey is applied to the scalp to encourage the growth of hair

7 To check the premature loss of hair the oil expressed from the seeds of the Teak Tree (sagvan) is massaged into the scalp

8 The juice of *Solanum xanthocarpum* (kantakarika) mixed with honey applied to the scalp acts as a hair tonic and encourages the growth of hair and checks loss of hair

9 The decoction or infusion of the whole plant of the Millefoil (biranjasif) is an excellent hair wash for promoting the growth of hair

10 The mixture of one part of the oil expressed from the seeds of *Croton tiglium* (jamalgota) and 99 parts of some bland oil is a useful hair tonic

11 The leaf juice of *Eclipta alba* (bhangra) massaged into the scalp is an efficacious hair restorer

12 Russa Oil (rohisa tela), the oil extracted from *Cymbopogon martinii* (rohisa), briskly rubbed into the scalp encourages the growth of new hair.

F—MISCELLANEOUS

1. To check the premature loss of hair a massage of the scalp with the standard preparation *brahmi* oil is very useful.

2. A regular use of the medicated oil or *teela ghrita* prepared by boiling together 1 lb. of the juice of *Eclipta alba* (bhangra), 1 oz. of iron filings and half a pound of sesame oil turns prematurely grey hair to its normal colour.

3. To prevent the hair from getting prematurely grey and to restore the normal colour the use of the standard preparation *rasayan churna* is efficacious.

HEADACHE

A—GENERAL

1. The following preparations applied to the forehead bring quick relief in headache:

- i) The paste of the root of *Eclipta alba* (bhangra) made with a little sesame oil,
- ii) The paste of coriander seeds (dhanya);
- iii) The juice of the leaves of *Aloe barbedensis* (kumari) with the addition of a little opium,
- iv) Mahua Butter or the oil expressed from the seeds of the Mohwa Tree (mahuva),
- v) The paste of ginger or cloves or nutmeg (jaiphala) made with water,
- vi) The mixture of the juice of fresh ginger and milk;
- vii) The paste of ginger, cloves, cinnamon and the roots of the Castor Oil Plant, this paste is useful particularly in neuralgic headache,
- viii) The paste of the berries of *Embelia ribes* (vidanga) mixed with butter,
- ix) The paste of emblic myrobalan (amla) and saffron made with rose water,
- x) The oil expressed from cotton seeds or from the seeds of *Lagenaria vulgaris* (kadvi tumbi),
- xi) The mixture of the *swaras* of the Henna Plant (mendi) and sesame oil,

- xii) The poultice made of the leaves of the Henna Plant with sesame oil,
- xiii) The emulsion made of the gum from the stem of the Horse Radish Tree (shigru) with milk,
- xiv) The poultice of the macerated leaves of Vitex negundo (indrani)
- xv) Betel leaves,
- xvi) The poultice of almonds and camphor made with milk,
- xvii) The paste of black pepper made with the oil expressed from the seeds of Pongamia pinnata (karanja)
- xviii) The hot paste of cinnamon made with water this is particularly useful in headache due to a chill

2 The following preparations are used as sternutatories

- i) A few drops of the emulsion of soap nut (ritha) made with water
- ii) The juice of the leaves of Sesbania grandiflora (agastya)
- iii) The juice of the roots of the Horse Radish Tree (shigru) mixed with *gur*,
- iv) The mixture of almonds, saffron and *ghee*
- v) The mixture of long pepper (pipili), rock salt and water

3 The following preparations are used as snuff

- i) The powder of the dry flowers of Mimosa elengi (borsali)
- ii) The mixture of the powder of the seeds of the Horse Radish Tree (shigru) and black pepper,
- iii) The mixture of four parts of very finely powdered liquorice root (madhuka) and one part of the Atis Root (ativisha) a very small pinch of the mixture is used
- iv) The mixture of saffron and *ghee*

4 The dry leaves of Vitex negundo (indrani) are smoked for the cure of headache

- ii) The patient is made to rest his head on a pillow stuffed with the leaves

5 In neuralgic headache the hot fomentation with the macerated root stock of the black variety of *Alocasia macrorrhiza* (kasalu) is very efficacious, the root stock, as hot as can be comfortably borne, may be also bandaged on the head

6 The juice of *Tinospora cordifolia* (gudunchi) is given in doses of 1 to 2 oz with honey in headache

7 *Brahmi sherbet* is a very efficacious drink in headache, it is given in doses of half to one ounce with water twice a day

8 The massage of the scalp with *brahmi teila* relieves headache.

B—MIGRAINE OF MEGRIM

(Headache of a periodic character and confined to a particular part of the head)

1 The hot *swaras* of *Sphaeranthus indicus* (gorakh mundi) mixed with a little powder of black pepper is given before meals for a week for the cure of migraine

2 The boiled seeds of *Pongamia pinnata* (karanja) are given with a little *gur*

3 The infusion of 180 grains each of *Rostellularia procumbens* (relu), black raisins, *Tinospora cordifolia* (gudunchi), coriander seeds (dhanya), the *Khus Khus* Grass and chiretta in one ounce of water is given in 2 to 4 oz doses in migraine.

4 The juice of *Tinospora cordifolia* (gudunchi) in 1 to 2 oz doses is given with honey

5 The following preparations are used as sternutator es for relief of migraine

- i) The emulsion made of 5 grains of asafoetida and one drachm of water,
- ii) The juice of the roots of *Albizia lebeck* (sirisha)
- iii) The mixture of the seeds of *Pongamia pinnata* (karanja), a little *gur* and hot water,
- iv) The watery paste of the fruit of *Thespesia populnea* (paris)
- v) The emulsion of soap nut (ritha) mixed with a little powder of black pepper

6 The following preparations are applied to the forehead and temples

- i) The paste of the roots of *Argyrea speciosa* (samu drasosh) made with rice water,
- ii) The paste made of black pepper and rice with the juice of *Eclipta alba* (bhanga)

7 The powder of the roasted fruit of *Luffa acutangula* (kadvi torai) is used as snuff

8 The mixture of the powder of long pepper and the root stock of the Sweet Flag (*vacha*) is used as snuff

9 The paste of black pepper made with the juice of *Vitex negundo* (indrani) is sniffed occasionally

10 The moist paste of three leaves of the Holy Basil (*tulsi*) and three black peppers is used as a smelling salt

DISEASES OF THE HEART

1 The powder of the root of *Grewia populifolia* (nag bala) is given in doses of 45 grains with milk in heart disease

2 The mixture of equal parts of powdered liquorice root (*madhuka*) and the powdered root of *Picrorhiza kurroa* (*katuki*) is given with sugar followed by a drink of water

3 The bark of the Arjun Tree (*arjuna*) is a useful drug in heart disease

- i) The med cated *ghee* or *ghee ghrita* prepared with the bark is very efficacious
- ii) 45 grains of the powdered bark are given with *ghee*, milk or *gur* twice a day
- iii) The confection made of the bark with *ghee* sesame oil, *gur* and wheat flour is very efficacious, after taking this confection the patient should be given a drink of milk
- iv) The decoction made by boiling 1 oz of the bark with 4 oz of milk and 12 oz of water till the quantity is reduced to 4 oz is very efficacious, this quantity of 4 oz is given in one dose

4 The decoction of garlic is an efficacious remedy in heart disease, the decoction is made by boiling 13 oz of

12. In persistent hiccoughing either the decoction of ginger is given with goat's milk or the powder of chebulic myrobalan (harada) in doses of 45 to 90 grains is given with hot water.

13. The mixture of 15 grains of the *swaras* of the Dhuv Grass (hariali) and 180 grains of honey checks hiccoughs

14. The infusion of the ash of the dry branches of the Pipal Tree checks hiccoughs very quickly.

15. Citron juice (bijora) given with honey and black salt (sanchal) three times a day checks hiccoughs

ii) The juice mixed with ginger, emblic myrobalan (amla), long pepper (pipili) and honey is given occasionally in small quantities

16. The smoke from burning mango leaves or cloves is inhaled for relief of hiccoughs

17. The paste made of the charred bark of the Pipal Tree with vinegar or lemon juice is applied on the chest for relief from hiccoughs.

18. The mixture of ginger and *gur* placed inside the nose gives relief, the paste of finely powdered liquorice root (madhuka) and honey is similarly used

19. The following standard preparations are very efficacious for the cure of hiccoughs

i) *eladi* pills,

ii) *renukadi kwath*,

iii) *gudunchi satwan*, it is given with honey.

HYDROCELE

See "*Diseases of the Scrotum & Testicles—A*"

HYSTERIA

See "*Mental Diseases—B*"

INFLAMMATION

See "*Swellings & Inflammations*"

JAUNDICE

See "*Disorders the Liver—D*"

LABOUR (ABNORMAL)

See "*Disorders of Pregnancy & Childbirth—B*"

LACTIFUGE

(Drugs which arrest the secretion of milk)

1. To check the excessive secretion of milk the paste made of turmeric and dhatoora capsules is applied over the breasts.

2. To check the secretion of milk a piece of a thick root of the Colocynth (indravaruni) is rubbed on the breasts.

3. The poultice of the flowers of Jasminum sambac (mathika) applied over the breasts is an excellent remedy for checking the secretion of milk; the flow of milk is usually completely checked in two or three days' time; the desired result at times may be had even earlier.

4. Hot betel leaves applied in layers over the breasts of nursing mothers check the secretion of milk.

5. The slightly warm poultice of the leaves and seeds of the Pigeon Pea (arhar) applied over the nipples of the breasts of a nursing mother checks the flow of milk.

6. The poultice of the seeds of Phaseolus mungo (mung) applied over the breasts of a nursing mother checks the secretion of milk.

LAXATIVES

See "*Purgatives—B*"

LEPROSY

1. The paste of the roots of Cassia sophera (kasunda) made with *conjee* is a very useful local application.

2. The seeds of Cassia tora (chakund) are soaked in the milky juice of Euphorbia nerifolia (thohar) for some time; these seeds are ground into a paste with cow's urine; this paste is applied over the affected parts

3. The root-bark and flowers of the Cotton Plant made into a paste with water are locally applied.

4 The powder of the *panchang* of the Neem Tree is a very efficacious dust for leprous ulcers, these ulcers can be also washed with the decoction of the *panchang*

5 The poultice of the macerated bark of *Albizia lebbek* (*surisha*) is applied on the diseased parts of the skin

6 The decoction of the Arjun Tree (*arjuna*) or of *Terminalia tomentosa* (*asana*) or of catechu is very efficacious for washing the ulcerous skin

7 The *swaras* of the fruit of *Momordica charantia* (*kareila*) is locally applied

8 The medicated oil or *teila ghrita* prepared by boiling sesame oil with the roots and the *swaras* of the leaves of *Vitex negundo* (*indrani*) is applied over the affected parts

9 The paste made of *Rubia cordifolia* (*manjishta*) with honey and butter is a useful ointment

10 The ointment made of realgar (*manabala*) orpiment (*ala*), black pepper, mustard oil and the milky juice of *Calotropis gigantea* (*akda*) is applied over the diseased skin

11 The ointment made of *rasot* and the seeds of *Cassia tora* (*chakund*) with the juice of wood apple (*kawitha*) is an efficacious local application

12 The paste made of the leaves either of *Cassia fistula* (*amaltas*) or of *Solanum nigrum* (*kakamachi*) or of the *Oleander* (*kanera*) with whey is very efficacious for the cure of leprous skin, before the ointment is applied the skin is anointed with mustard oil

13 The ointment prepared by mixing one drachm of the liquid extract of *Centella asiatica* (*brahmi*) with some bland oil is a very efficacious local application in leprosy

ii) Instead of the ointment the poultice of the fresh leaves may be used

iii) The powder of the plant is used as a dust over the affected parts.

iv) The infusion of the plant is used for bathing the affected parts

14 The paste made of cones and bark (*kurchi*) and the pods of *Pongamia pinnata* (*karanja*) is applied over the affected parts

15. The paste made of coriander seeds (*dhanya*) and the *Costus* (*kusht*) is applied over the diseased parts.

16. The decoction of one of the following drugs is an efficacious bath for patients suffering from leprosy :

- i) The *panchang* of the Oleander;
- ii) The *panchang* of *Cassia fistula* (*amaltas*);
- iii) The bark of the Dita Bark Tree (*saptaparna*),
- iv) *Pongamia pinnata* (*karanja*).

17. The powder of a hundred neem leaflets is given with water regularly every day; this treatment has to be continued for six months.

18. The mixture of the powder of neem leaves and chebulic myrobalan (*harada*) or emblic myrobalan is given regularly every day for more than a month.

19. The medicated oil or *tella ghrita* prepared by boiling sesame oil with an equal quantity of the *swaras* of the leaves of *Vitex negundo* (*indranj*) is given.

20. *Centella asiatica* (*brahmi*) is a very efficacious drug in leprosy.

- i) The leaves picked from the fresh plant are dried in shade; the fine powder of these leaves is given in doses of 3 to 5 grains three times a day.
- ii) The fluid extract of the leaves is given in doses of 1 to 5 drops to begin with; the dose is gradually increased to 15 drops a day.
- iii) The leaves are given in the form of a syrup; 90 grammes of the powder of the shade-dried leaves are boiled with a quart of water till the liquid is reduced to one pint; 2 lb of sugar are added to this decoction which is again boiled over a slow fire till a syrup is formed; one drachm of this syrup is given at first; the dose is gradually increased.

21. The root of *Plumbago zeylanica* (*chitraka*) is given in 25 grain doses with water in leprosy.

22. The *swaras* of the bark of the Dita Bark (*saptaparna*) is given with milk.

23. *Chaulmoogra* oil is very efficacious in leprosy; it is given in doses of 10 to 20 drops after meals; it is also used

externally on the affected parts, the treatment is to be continued for three months

LEUCODERMA

See "*Diseases of the Skin—F*"

LEUCORRHOEA

See "*Diseases of the Uterus & the Vagina—B*"

DISORDERS OF THE LIVER

A—GENERAL

In liver disorders the patient should be given only a liquid diet

1 In liver complaints the juice of the Jambul Tree plums (jambu) in which common salt has been dissolved to saturation point is very efficacious, half a spoonful of this juice is given, cards, butter milk or spices should not be given to the patient taking this treatment

2 If as a result of liver disorders there is a swelling of various parts of the body chebulic myrobalan (barada) is an efficacious drug, the myrobalan is soaked in fresh cow's urine every day for a week before it is given to the patient as a drug; its powder is given in 25 grain doses, each time, morning and evening

3 In liver disorders the swaras of Eclipta alba (bhangra) is given in 1 to 2 drachm doses.

4 The chutney made of the tender leaves of the Bonduc Nut (putikaranj) with soda bicarb is eaten

5 If as a result of liver disorders the patient suffers from anaemia the juice of mango fruit is given with milk, twice a day, the patient should be given a diet of spinach, onions, milk and honey

6 In torpidity of the liver the decoction of chiretta and coriander seeds (dhanya) is very efficacious, the decoction is made by boiling 180 grains of each of these two ingredients in 16 oz of water till the liquid is reduced to 4 oz, this quantity of the decoction is taken daily in two doses with the addition of a little honey

7 In torpidity of the liver the standard preparation *hingashitaka churna* is very efficacious

8 Aloe barbedensis (kumari) is a very useful drug in liver disorders, even when there is a swelling of the various parts of the body

- i) The juice of the leaves is given in doses of 1 to 2 oz.
- ii) The mixture of 3 oz of the sliced leaves and 3 drachms of common salt is heated to boiling point, the strained juice is taken with the addition of one ounce of sugar every morning
- iii) The juice expressed from the whole leaf of which a *putpak* has been made is mixed with 90 grains of mustard powder, this mixture is given in doses of 180 grains with *gur* each time morning and evening
- iv) The mixture of one ounce of the *swaras*, 45 grains of turmeric powder and 6 grains of powdered conch is given every morning

9 Pills made of the powder of the seeds of the Flame of the Forest (palasa) with the juice of Euphorbia tirukela (khura sani thohar) are very efficacious in liver diseases, the dose is one pill of the size of a black pepper seed per day

10 The extract of the leaves of *Calotropis gigantea* (akda) taken regularly with vinegar is a very efficacious remedy in liver diseases, the extract is prepared by heating in an air tight earthen vessel the mixture of equal parts of the leaves and salt till the mixture is burnt to ashes

B—BILIOUSNESS

1 In bilious affections the paste made of 180 grains of the tender sprouts of the Catechu Tree (khadirsar) and 45 grains of ginger is given with cow's milk

2 For quick relief the *swaras* of *Tinospora cordifolia* (gudunchi) is given with sugar

3 The juice of the bark of the Jambul Tree (jambu) is given with milk to induce vomiting, this gives instant relief, a diet of *ghee* and rice is recommended

4 In bilious disorders the mixture of thin slices of the white variety of onions, a little sugar and sweet curds is given

5 Pomegranate fruit is very efficacious in bilious disorders its juice is given with the addition of sugar its sherbet is equally efficacious, to make the sherbet one pound of sugar is boiled to the syrupy liquid 11 oz of pomegranate juice are added the mixture is strained through cloth immediately after adding the juice three fourths to 1 oz of the sherbet is taken with an equal quantity of water

6 Black raisins are very efficacious in bilious disorders

- 1) The raisins are soaked in water overnight, the following morning they are macerated in the infusion, after removing the skin and seeds the infusion is given with cumin seeds and sugar
- 1) Equal parts of the raisins without their seeds chebulic myrobalan and sugar are macerated together pills each of the size of a betel nut are made out of this pill mass, one such pill is taken every morning this pill is also efficacious in acidity

7 The sherbet made of the ripe fruits of *Grewia asiatica* (phalsa) taken with the addition of powdered ginger and sugar relieves bilious disorders

8 The preserve made of citron (bijora) is efficacious in bilious disorders

9 The *swaras* of neem leaves taken with water induces vomiting and relieves biliousness

10 To relieve giddiness due to bilious disorders the decoction of cardamoms is given with *gur*

11 The mixture of one ounce each of the *swaras* of fresh ginger the juice of mango sugar and cow's *ghee* boiled till it is reduced to half the quantity is given twice a day in bilious disorders

12 The sherbet made of tamarind fruits is a very efficacious drink in biliousness

13 The seeds of emblic myrobalan (*amla*) are a useful remedy in bilious disorders 180 grains of the seeds are infused in water overnight in a tinued vessel these seeds are macerated in the morning and taken with half a pint of milk

14 In bilious disorders the decoction made of 4 drachms of chebulic myrobalan 3 drachms of turmeric, 5 drachms of black raisins 3 drachms of beleric myrobalan (*bahira*) 3

drachms of almond oil and 2 drachms of honey is very useful this decoction is given in doses of 3 to 6 oz This decoction is efficacious in dyspepsia and liver disorders as well

15 In bilious disorders ripe plantains eaten with *ghee* give relief

16 The pulp of the ripe fruit of the Wood Apple Tree (*kawitha*) taken with sugar is very efficacious in bilious disorders

n) The *swaras* of the leaves taken with milk is useful even in severe cases of biliousness

17 For the cure of bilious affections five rose flowers taken with 45 grains of sugar followed by a drink of milk are very efficacious if this treatment is continued for a fortnight

18 In bilious disorders with constipation 5 to 10 grains of the compound powder consisting of 4 parts of violet flowers (*banaf shah*), 2 of tamarind pulp and 2 of *triphalā* are given with good results

19 The mixture of the pulp of the ripe pods of *Cassia fistula* (*amaltas*) and of ripe tamarind gives relief in bilious disorders

20 In bilious affections of children the mixture of a few grains of the *swaras* of the leaves of *Momordica charantia* (*kareila*) and a little powder of turmeric gives great relief, this mixture induces vomiting and evacuation of bowels

21 A piece of sugarcane is cut longitudinally, the powder of turpeth root (*nishottar*) is sprinkled on the cut surfaces the juice extracted after making a *put pak* of these sugarcane pieces is an excellent remedy for most diseases caused by biliousness

C--ENLARGEMENT OF THE LIVER AND SPLEEN

1 The juice of *Solanum nigrum* (*kakamachi*) is an efficacious remedy, especially in chronic enlargement. The green coloured juice expressed from the plant is put in an earthen vessel and heated over a slow fire till the juice turns reddish brown, the cold juice is strained, it is given in the morning in doses of 6 to 8 oz

2 The decoction made of 6 parts of chebulic myrobalan

(harada), 4 parts of long pepper (pippli) and 5 parts of potassium carbonate is given

3 The *swaras* of *Eclipta alba* (bhangra) is administered in doses of 1 to 2 drachms

4. If the enlargement is due to malarial fever the *swaras* of the leaves of *Vitex negundo* (indrani) is recommended, the dose is one ounce mixed with cow's urine, a diet of milk and rice is advised

5 The powder of the bark of the Henna Plant (mendi) is prescribed in doses of 2 to 8 grains The decoction of the bark in doses of 1 to 2 oz is equally efficacious

6. The seeds of the Water Cress (abaliv) are given either in the form of a decoction or an infusion or a powder, the powder is given in doses of 20 to 45 grains

7. The leaves of *Crataeva nervula* (varuna) are given in the form of a decoction

8 The powder of the seeds of *Cleome icosandra* (surya varata) mixed with the juice of the Bonduc Nut (putikaranj) is an efficacious remedy.

9. *Tephrosia purpurea* (sharpankha) is a useful drug Lentils should not be eaten when this remedy is being followed

- i) The finely powdered root is given with buttermilk.
- ii) The root of a big sized plant is chewed and the juice is swallowed.

10 The *swaras* of the leaves of the Bonduc Nut (putikaranj) is given in doses of 1 to 2 oz with black salt (sanchal)

- ii) The decorticated seeds are given in doses of 12 grains.

11. The juice of the roots of *Tinospora cordifolia* (gudun chi) is given

12 One ounce of the pulp of citron (bijora) mixed with 90 grains of black salt (sanchal) is an efficacious remedy

13 The ripe fruit of the Prickly Pear (nagphan thoar) is an efficacious remedy, the prickles and the skin should be removed before the fruit is administered

14 The decoction of the bark of the Horse Radish Tree (shigru) is given with long pepper (pippli) and black pepper

15 The juice of the ripe mango fruit is given with

16 The following standard preparations are generally recommended

- i) *pancha kola churna*
- ii) *talisadi churna*,
- iii) *eladi churna*
- iv) *dadimadya ghrita*,
- v) *kola churna*,
- vi) *patoladi kwath*,
- vii) *vaishvanar churna*
- viii) *akardi kwath*,
- ix) *yamani shadava*,
- x) *gudunchi satva*, it is given in doses of 180 grains

17 The following preparations are applied locally over the enlarged liver or spleen

- i) The poultice made of the boiled dry seeds of the Cluster Beans (*gaurani*)
- ii) The poultice of tamarind leaves
- iii) The poultice of the leaves of the Tanner's Cassia (*tarwar*)
- iv) The poultice of the leaves of *Eclipta alba* (*bhangra*)
- v) The poultice of the leaves of *Crataeva nervula* (*varuna*) the enlarged part is massaged with the juice

D—JAUNDICE

In jaundice it is essential to keep the bowels open, therefore, before taking any of the following preparations, the patient must regularly take an aperient such as the pulp of the pods of *Cassia fistula* (*amaltas*) boiled with milk, or castor oil and milk, or the milk in which turpeth root (*nishottar*) has been macerated, or powdered turpeth root with sugar, etc (See Purgatives-B)

1 The pill mass made of 6 oz of the root bark of *Calotropis gigantea* (*akda*) 3 oz of cumin seeds (*jira*), 2 oz of impure carbonate of potash 3 oz of the tubercles of the Nut Grass (*nagarmusta*) and 1½ oz of opium is very useful, 4 gram pills are made out of this pill mass, one such pill is to be taken three times a day with water or the decoction of *conessi* bark

(kurchi) The patient should be given a diet of curds butter milk and rice

2 The mixture of 3 to 10 grains of the root bark of *Calotropis gigantea* (akda) 10 grains of black pepper and 30 grains of carbonate of soda is given with 8 oz of buttermilk each time twice a day

3 The juice of ripe fresh Jambul plums (jambu) is given every alternate day in jaundice and other liver complaints salt is dissolved to saturation point in this juice this mixture is stored in a well stoppered glass bottle the mixture is given in doses of half a spoonful The patient taking this mixture should not be given spices or curds or buttermilk.

4 *Boerhaavia diffusa* (punarnava) is an efficacious drug in jaundice

i) The *swaras* of the leaves is given in doses of one ounce.

ii) The powder of the *panchang* of the herb is given with honey and sugar

5 *Shilajit* is given with cow's urine

6 The decoction of the inner bark of the Neem Tree is given with honey and powdered ginger

ii) The juice of the leaves extracted with the addition of water is given in half pound doses

7 The juice of *Tinospora cordifolia* (gudunchi) is given in doses of 2 to 3 drachms with honey each time twice or thrice a day

ii) The decoction of the plant is given with honey

iii) The macerated leaves are given with buttermilk

iv) One ounce of the juice of the herb boiled with 3 oz of milk and 180 grains of *ghee* is given in one dose

8 The juice expressed from *triphala* is given with honey

9 The juice expressed from *Berberis asiatica* (daruhari dra) is given with honey in the morning

ii) The decoction of the plant is given with honey in the morning

10 Ginger with milk or *gur* is given in jaundice

11 *Aloe barbadensis* (kumari) is a useful drug in jaundice.

i) The pulp of the leaves, scooped out after removing

the skin, is given with black salt (sanchal) and ginger every morning for a week.

- ii) The juice of the leaves is given with turmeric.
- iii) A few drops of the juice of the leaves are placed in the nose.

12. The powder of the dry leaves or of the shelled seeds of the Mango Tree is very efficacious, especially in jaundice of long standing.

13. Ripe plantains are given in jaundice.

14. The juice of the leaves of the Wood Apple Tree (kawitha) extracted with milk is given in one ounce doses a day.

15. The juice of pumpkin leaves (petha) is given with turmeric and curds for a week.

16. The juice of *Eclipta alba* (bhangra) is given in 90 grain doses with black pepper and curds for a week.

17. The juice of bael leaves (bilwa) is given.

- ii) The mixture of equal parts of the tender bael fruit and sesame seeds (til) is given with curds and sesame oil.

18. The infusion of the whole plant of *Luffa echinata* (devdali) made overnight is given the following morning.

19. The juice expressed from the leaves or branches of the Castor Oil Plant is given in one ounce doses with milk.

- ii) The paste of the roots mixed with honey is occasionally sucked.

20. The juice expressed from the roasted stem of *Euphorbia nerifolia* (thohar) is an efficacious remedy in jaundice; one and a half ounce of the juice is given with 180 grains each of fresh ginger and radish (mul).

21. Dried slices of the root-stock of *Curculago orchioides* (mushli) and sugar, each 180 grains, are beaten up in a glassful of milk so that a thick mucilage is formed; this preparation is taken in one dose.

22. A few drops of the infusion of the fruit of *Luffa echinata* (devdali) are placed in the nose; this causes a profuse running of the nose and thereby gives quick relief.

23. Bitter *Luffa* (kadvi torai) is a very useful drug in jaundice.

- i) The *swaras* of the fruit or the infusion of the dry fibrous reticulated shell of the fruit is sniffed up the nose, this relieves the nasal congestion and induces a free flow of a yellow discharge from the nose, if this treatment fails to give immediate relief it should be repeated two or three times a day every fourth day, the patient should be given a diet of only rice and *ghee*
- ii) The very fine powder of the dry plant is used as snuff for about three days, if this snuff causes excessive sneezing the patient should sniff *ghee*
- iii) The compound powder of the dry plant, long pepper and mustard is a very efficacious snuff for use in jaundice, this powder can be stored for a long time and used when required.

24. A few drops of the rice water in which the root of *Calotropis gigantea* (akda) has been macerated are put in the nose

25 The seeds of *Lagenaria vulgaris* (kadvi tumbi) made into a paste with water are used as a sternutatory

26 The following standard preparations are given in jaundice

- i) *pīpar churna*, the dose is 15 grains,
- ii) *dadimadya ghrita*,
- iii) *punarnvashtak kwath*,
- iv) *nimb satva*, the dose is 5 to 15 grains twice a day,
- v) *gudunchi satva* it is given with black raisins.

LUMBAGO

1 The mixture of *Withania somnifera* (ashwaghandha) and sugar is given with *ghee*

2 Either the decoction of *Pedaliumpurex* (gokshuraka) with the addition of ginger or the powder of these two drugs is given; *Tribulus terrestris* (chhote gokhu) can be used in place of *Pedaliumpurex*

3 Lemon juice mixed with impure carbonate of potash and honey is given in lumbago

4. The decoction of *Barleria prionitis* (katsbarea), deodar and ginger is given with the addition of castor oil

5 The standard preparation *swalparasuna pinda* is given in lumbago, it is followed by a drink of the decoction of the Castor Oil Plant

6 The mixture of equal quantities of powdered ginger, *ghee* and garlic (with the skin removed) is an efficacious remedy, ginger is first lightly fried with *ghee* and then garlic is mixed, the quantity to be taken depends upon the capacity of the patient

7 The mixture of equal parts of powdered black pepper, *ghee* and the juice of the Holy Basil (*tulsi*) is given

8 The poultice of the mixture of chillies, garlic, black pepper and storax (*silaras*) is an efficacious stimulant and rubefacient.

9 The paste of *rala* and the white of an egg made with alcohol applied to the painful parts gives quick relief

10 The poultice made of fresh dhatoora leaves with an equal quantity of rice flour and a little water brings quick relief

11) The leaves made hot by soaking them in boiling water are at first used for fomenting the painful parts, when they are comfortably hot they are bandaged over the affected parts

11 The paste made of dill seeds (*soya ke bija*), deodar, rock salt and asafoetida is soaked in the milky juice of *Calotropis gigantea* (*akda*) this mixture applied over the painful parts brings relief in three days

12 The mixture of equal parts of Verbena Oil, the oil extracted from the Lemon Grass (*gandhatrina*), and coconut oil is an efficacious liniment in case of lumbago

13 The figs, seeds and milky juice of the Banyan Tree (*vata*) are locally applied in lumbago

MEASLES

A—When there is an epidemic of measles the following prophylactic measures are recommended

1. The bowels of the child should be kept open and not allowed to get constipated

2. The child should be protected from exposure to direct sun

3. The child should not be given *gar*, asafoetida or mustard

4 Powdered liquorice root (*madhuka*) should be given in small quantities every day.

5 Coconut water and sour sweet drinks should be given to the child

6. One of the following preparations should be given daily to the child :

- i) The infusion of neem leaves, cumin seeds (*jira*) and sugar;
- ii) The infusion of black raisins, coriander seeds (*dhanya*) and chiretta leaves; this infusion is to be given in the morning,
- iii) The powder of equal parts of tamarind seeds and turmeric in doses of 6 grains according to age;
- iv) The *swaras* of *Adhatoda vasica* (*vasa*) in doses of 12 to 18 grains with the addition of powdered liquorice root.

**B—The following treatments are recommended
in case of infection**

1. The patient suffering from measles is given a drink of the compound decoction of catechu, *triphalā*, neem bark, the leaves of *Trichosanthes dioica* (*kadve padval*), *Tinospora cordifolia* (*gudunchi*) and *Adhatoda vasica* (*vasa*).

2. The *phant* of the flowers of the Safflower (*kusumbha*) is an efficacious remedy, the *phant* is prepared by infusing half an ounce of the flowers in one pint of boiling water; this is given in one dose.

3 Rice flour thickly dusted on the skin is a very soothing and cooling application.

4. If the patient is restless and hot he should be given in the morning an infusion made overnight of 180 grains of the mixture of equal parts of *Rungia repens* (*parpatak*), coriander seeds (*dhanya*), the tubercles of the Nut Grass (*nagar musta*), the roots of the Khus khus Grass (*khus*) and *Adhatoda vasica* (*vasa*) with an ounce of water

5 The paste made of the root stock of the Wild Turmeric (*vanharidra*), *Centrathium anthelminticum* (*somraji*),

babchi seeds (bavachi) emblic myrobalan (amla) and the seeds of *Caesia tora* (chakund), is a useful local application, it soothes the skin and relieves the irritation and the burning sensation of the skin, the paste is made by macerating together these ingredients after they have been soaked in cow's urine for some time.

MENSTRUATION—FUNCTIONAL DISORDERS

See "*Diseases of the Uterus & the Vagina—C*"

MIGRAINE

See *Headache—B*

MENTAL DISORDER

A—GENERAL

1 The medicated milk prepared by boiling $1\frac{1}{2}$ lb of milk and the same quantity of water with $1\frac{1}{2}$ oz. of the powder of the root of the white variety of *Sida cordifolia* (bala) and 180 grains of the powder of the root of *Achyranthes aspera* (apamarga) till all the water has evaporated is given every morning in mental derangement, the milk is taken cold after it has been strained, every morning a fresh preparation should be made

2 The decoction of the Horse Radish Tree (shigru) is given with asafoetida and rock salt in mental affections as a stimulant

3 *Centella asiatica* (brahmi) is a very efficacious drug for use in mental diseases

- i) Its *swaras* is given with the addition of catechu and honey
- ii) Its *swaras* is given in 180 grain doses with 45 grains of the powder of the root stock of *Alpinia galanga* (kulanjan) and honey, or with 45 grains of *Anacyclus pyrethrum* (akallak) and honey twice a day
- iii) *Brahmi sherbat* is a very efficacious drink in mental derangements, it is given in doses of half to one ounce with water twice a day

iv) The massage of the head with *brahmi teila* is very useful in mental derangements.

4 *Nardostachys jatamansi* (jatamansi) is a useful drug in mild forms of mental disorders

- i) The powder of the root stock is given in 30 to 40 grain doses
- ii) The *phant* prepared by infusing 2 drachms of the crushed root stock in half a pint of boiling water for an hour is given in 1 to 2 oz doses three times a day
- iii) The oil extracted from the root stock is given in doses of 2 to 5 drops

5 The juice of pumpkin fruit (petha) is given in doses of 10 to 20 grains mixed with honey

6 Four dhatoora seeds are given with a little *ghes*

7 The *swaras* of the stem of the Plantain Tree is given in mental disorders

8. The very fine powder of the Sweet Flag (*vacha*) is given in 10 to 20 grain doses with honey, a diet of only milk and rice is recommended

9. The powder of the roots of the Serpentine (*sarpagandha*) is given in doses of 20 to 30 grains twice a day.

B—HYSTERIA

1 The medicated milk prepared by boiling 8 lb of milk and 8 lb of water with 13 oz of garlic till all the water has evaporated is given in small doses in hysteria, the liquid is strained before it is used

2 *Ruta graveolens* (sitav) is an efficacious drug in hysteria.

- i) The leaves are used in the form of a hot infusion
- ii) The powder of the dry leaves is given in 10 to 60 grain doses
- iii) The essential oil extracted from the herb is given in 1 to 4 drop doses

3 *Diskamali* is given in 2 to 4 grain doses with water

4 *Asafoetida* is an efficacious drug in hysteria.

- i) Pills made of $1\frac{1}{2}$ grains each of the fried gum and *Aloe barbedensis* (kumari) with honey are very beneficial

- ii) The emulsion of the gum made with 30 grains of the gum and 4 oz of water is given as a rectal enema in hysteria.

5. Sour curds given with the Sweet Flag (vacha) and pepper on an empty stomach is very efficacious in hysteria

6. The powder of the bark of the Horse Radish Tree (shigru) black is given in 6 to 18 grain doses

7. In hysterical fits a few drops of the emulsion of the pulp of soap nut (ritha) made with milk or water are placed in the nose of the patient; this treatment usually brings quick relief. If the patient is in a deep swoon the paste of the pulp is applied to the eyelids

8. The paste of the leaves of the Custard Apple Tree (sharifa) applied to the nostrils of the patient brings quick relief.

9. The compound powder consisting of musk half a drachm, fried asafoetida 4 drachms, ginger 2 drachms and black pepper 2 drachms, is given in doses of 10 to 20 grains

MISCARRIAGE

See "*Disorders of Pregnancy & Childbirth—A*"

MORNING SICKNESS

See "*Disorders of Pregnancy & Childbirth—C*"

MUMPS

See "*Glandular Diseases—C*"

DISEASES OF THE MOUTH

Stomatitis (Inflammation of the mouth) and Ulceration.

1. The following preparations are used as gargles:

- i) The decoction of the leaves either of the Emblic Myrobalan (amla), the Henna Plant (mendi), the Guava Tree (amrud) or Embelia ribes (vidanga); the decoction is used with the addition of powdered ginger.

- ii) The decoction of the bark either of the Flame of the

Forest (palasa) – the root bark the Tanner's Cassia (tarwar) the Babul Tree the Banyan Tree (vata) the Jambul Tree (jambu) the Jujub Tree (ber) – the the root bark the Woder Tree (Jingan), Albizzia lebbeck (sirisha) or Bauhinia tomentosa (ashmantaka)

- ii) The infusion of either the galls on the leaves of the Tamarix (jau), the pods of the Babul Tree the bark or the Baleric Myrobalan (bahira) or tamarind.

2 The mixture of water and lemon juice or of water and the ash of the bark of the Tamarind Tree made with the addition of salt is an efficacious gargle

3 The paste of the root bark of the Emblic Myrobalan (amla) with honey is applied on the affected parts of the mouth

4 The latex from the stem of the Papaya Tree is a useful application on the ulcerated and swollen parts of the mouth

5 The gum that exudes from the trunk of the Baob Tree (goruk amlī) is allowed to dissolve slowly in the mouth

6 The inner bark of the Neem Tree is kept in the mouth and slowly sucked

7 The leaves either of the Tanner's Cassia (tarwar) the Spanish Jasmin (chameli) the Pigeon Pea (arhar) or Abutilon indicum (kanghi) are chewed the masticated pulp is allowed to remain in the mouth for a long time

8 If the mouth of a child is ulcerated babul leaves are given for chewing if he is too small to chew they should be chewed by the mother and the masticated bolus placed in his mouth

9 The paste made of the green bark and leaves of the Pipal Tree with honey is applied three or four times a day inside the ulcerated mouth of a child

10 The fresh or the dried juice of babul pods mixed with milk is applied inside the ulcerated mouth or throat or on the tongue of a suckling child

NERVOUS PAINS

1 The leaves of the Papaya Tree (papaya) made hot over a fire or by dipping them in hot water are used for fomenting the painful parts

2. The poultice of the seeds of *Abrus precatorius* (gunja) made with water is applied over the affected parts

3. A mustard poultice applied over the seat of pain in neuralgic diseases brings relief from pain

4. The hot decoction of the whole plant of *Clerodendrum phlomidis* (arni) is useful for fomenting the painful parts

5. The warm poultice of tamarind leaves made with toddy applied over the affected parts gives quick relief from neuralgic pains

6. The leaves and seeds of dhatoora are very useful in giving relief in neuralgic pains.

i) The poultice of the fresh leaves made with an equal quantity of rice flour and a little water is applied warm over the painful parts

ii) The *phant* prepared by soaking 1 oz of the leaves in a pint of boiling water is useful for fomenting the affected parts

iii) S-same (til) oil or any other bland oil in which dhatoora seeds have been macerated, at the rate of 1 oz of the seeds to a pint of the oil, is a useful liniment for rubbing over the painful parts

7. The poultice made of the leaves of the Indian Hemp (*vijaya*) applied over the affected parts gives relief from neuralgic pains

8. The mixture of equal parts of coconut oil and Lemon Grass Oil (*gandhatrina*) is a very efficacious liniment in neuralgic pains

9. The standard preparation *ashtkadhva teila* is used as a liniment in neuralgic diseases

10. The *swaras* of the Cowhage (*kinvach*) given for a month in nervous disorders invigorates the body and relieves all pain

11. For the cure of neuralgic disorders the infusion of the leaves of *Clerodendrum phlomidis* (arni) is given.

12. Sesame seeds taken with *gur* cure nervous diseases

13. A drink of the milk in which the leaves of *Adhatoda vasica* (vasa) and the roots of the Indian Sarsaparilla (*ananta*) have been macerated is very efficacious in nervous disorders.

14 *Laddoos* or the confection made of equal parts of the seeds of the Marking Nut (*bhitavan*), the flour of roasted gram, coconut *gur* and *ghee* is given for the cure of nervous disorders the confection is taken in 2 oz doses every morning

15 The decoction of 5 drachms of the tuberous roots of *Delphinium denudatum* (*jadwar*) and 2 drachms of *Onosoma bracteatum* (*gaozaban*) is very useful in nervous diseases, the decoction is given in 2 to 3 drachm doses

NIGHT BLINDNESS

See '*Diseases of the Eyes—C*

DISEASES OF THE NOSE

A—CATARRH

1 In catarrh and running of the nose the smoke from burning turmeric is inhaled through the nostrils this causes a copious nasal discharge and brings quick relief, no water should be taken for some time after taking this inhalation

2 The inhalation of the smoke from the burning *ghee* soaked root bark of the Horse Radish Tree (*shigru*) through the nose gives quick relief in cold and cough

3 The inhalation through the nostrils of the smoke from burning sticks prepared with either the mixture of dill seeds (*soya ke bija*) cinnamon and the roots of *Sida cord folia* (*bala*) or with the roots of *Caesia fistula* (*amaltas*) gives quick relief

These sticks are made by well macerating together the ingredients with the mixture of wax animal fat and *ghee*

4 In running of the nose the paste made of nutmeg (*jaiphal*) with cow's milk is applied with the addition of a little opium to the nose and the forehead

5 The powder of the seeds of *Achyranthes aspera* (*apamarga*) or of caraway seeds (*shia jira*) used as a sternutatory gives quick relief in catarrh and running of the nose

6 The compound powder made of equal parts of cinnamon black pepper, cardamoms and the seeds of *Nigella sativa* (*krishnajiraka*) is particularly efficacious as a sternutatory when the patient is not able to sneeze or to blow his nose to open the blocked passages

7 The powder of the root stock of the Sweet Flag (vacha) kept in a piece of cloth is sniffed from time to time, this brings quick relief in running of the nose and heaviness of the head due to catarrh

8 The juice of the flowers of *Sesbania grandiflora* (agastya) sniffed up the nose causes a copious nasal discharge and gives quick relief from pain and headache

9 A hot cup of milk taken with powdered black pepper and sugar or milk boiled with turmeric powder and sweetened with sugar is very efficacious in nasal catarrh

10 Slices of onions used as a smelling salt are effective in giving relief in running of the nose

11 *Adbatoda vasica* (vasa) is a useful drug for the common cold

- i) The *swaras* of the leaves is taken in doses of half to one ounce with honey or powdered ginger
- ii) The powder of the dry leaves is given in doses of 30 grains with honey, the decoction of the leaves is equally efficacious

12 The juice expressed from the boiled leaves of *Sesbania sesban* (jayanti) given with rock salt and mustard oil is an efficacious remedy for giving relief in running of the nose it is given for all sorts of cold.

13 For nasal catarrh the mixture of one ounce of curds, 180 grains of *gur* and 45 grains of powdered black pepper is very efficacious

14 A drink of a pint of hot water mixed with the juice of two lemons and sugar to taste taken at bed time gives quick relief in nasal catarrh

15 The juice of fresh ginger mixed with an equal quantity of honey, given in half to 2 drachm doses, is a useful remedy in nasal catarrh

- ii) The decoction of ginger is given in running of the nose

16 The standard preparation *chaturushana churna* is given in running of the nose

B—BLEEDING FROM THE NOSE

1 A few drops of the *swaras* of any of the following drugs put in the bleeding nose act as an efficacious styptic.

- i) Onions,
- ii) The Dhūb Grass (*hariali*),
- iii) The Dhūb Grass and the flowers of the Pomegranate Tree, this mixture is also given orally,
- iv) The shelled mango seeds,
- v) The stem of *Cissus quadrangularis* (*asthisandhan*),
- vi) *Alhagi pseudalhagi* (*jawasa*)

2 The very fine powder of very young flowers of the Pomegranate Tree used as snuff is very efficacious in checking bleeding from the nose.

3 In bleeding from the nose the paste of the roots of the Teri Pods (*vankeri mul*) is given, the paste made of 20 to 45 grains of the root is given with 2 oz of water or milk twice a day.

4 The juice of fresh ginger mixed with an equal quantity of honey is given in doses of half to 2 drachms to check bleeding from the nose.

5 The roots of *Vitex negundo* (*indrani*) are chewed to check bleeding from the nose.

6 The ripe figs of *Ficus racemosa* (*gullara*) eaten with honey or *gur* check nasal bleeding.

7 A few drops of a solution of copper sulphate (4 grains in 1 oz of water) placed in the nose act as a styptic.

C—MISCELLANEOUS

1 The paste made of saffron with *ghee* is sniffed up the nose in case of ozaena.

2 The powder of the dry leaves of the Holy Basil (*tulsi*) is used as snuff in ozaena.

3 To remove polypus from the nose a few drops of the water in which the roots of *Lagenaria vulgaris* (*kadvi tumbi*) have been macerated are placed in the nostrils.

4 To destroy maggots infesting the nose either well boiled castor oil is sniffed up the nose, or the fine powder of

the dry leaves of the Sweet Basil (*basil*) is used as a snuff, or the decoction of the plant of the Sweet Basil is used as a nasal douche

OBESITY

1 A regular use of the powder of the root of *Alumina zeylanica* (*chitraka*) is effective in reducing obesity the powder is taken with honey easily digestible food should be taken

2 The *swaras* of the leaves of *Clerodendrum phlomidis* (*arni*) taken regularly helps in reducing obesity

3 *Chapati* or unleavened bread made of the seeds of *Achyranthes aspera* and wheat eaten for two or three months reduces corpulence the appetite is reduced by eating this bread the bread is made of equal parts of the powder of the seeds from the shade dried fruiting spikes and wheat flour when following this treatment lentils should not be taken

4 The leaves of *Crataeva nervula* (*varuna*) are eaten as a pot herb to reduce weight

5 The decoction made of the roots of a young bael tree, *Clerodendrum phlomidis* (*arni*) *Oroxylon indicum* (*arlu*) *Gmelina arborea* (*kashmary*) and *Stereospermum personatum* (*patala*) is given with honey to reduce obesity

6 The decoction of *triphala* is given with honey is efficacious in reducing corpulence

7 Two ounces of honey taken every morning with cold water helps in reducing weight

8 A massage of the whole body with the *swaras* of *Eclipta alba* (*bhangra*) at bed time is very efficacious if this massage is continued for many months excess fat will be reduced

9 The decoction of the bark of the Teak Tree (*sagvan*) is given with cow's urine

ORCHITIS

See 'Diseases of the Scrotum & Testicles—B

OTORRHOEA

See 'Diseases of the Ear—B

PARALYSIS

A—GENERAL

I—DRUGS USED EXTERNALLY

1 The paste of the seeds of *Abrus precatorius* (gunja) made with water is applied over the affected parts as a rubefacient

2 The oil prepared by boiling together over a slow fire sesame (til) oil and powdered black pepper is an efficacious liniment for use over the paralyzed parts

3 The liniment made by boiling together long pepper (ppli) ginger mustard oil buttermilk and curds is used over the affected parts

4 The ash of the green bark of *Terminalia tomentosa* (asana) is used as a plaster over the paralyzed parts

5 The poultice of the roots of *Clerodendrum phlomis* (arni) made by macerating the roots in cow urine is applied over the paralyzed parts

6 The oil extracted from the seeds of garlic is used as a liniment for paralytic affections

11) Raw garlic is locally used as a rubefacient in paralysis

7 The medicated sesame oil or *teila ghrita* prepared with the leaves of *Calotropis gigantea* (akda) or with the whole plant of Safflower (kusumbha) is used as a dressing for paralytic limbs.

8 The leaves of *Cassia fistula* (amaltas) are rubbed into the paralytic parts as a rubefacient

9 The paste made of the roots of the Horse Radish Tree (shgru) is locally applied over the affected parts

10 The standard preparation *astakatvara teila* is a very efficacious liniment.

II—DRUGS TAKEN ORALLY

1. The decoction of the Horse Radish Tree (shgru) is given with fried asafoetida and rock salt as a stimulant in paralysis

2. For the cure of various kinds of paralysis such as facial paralysis, hemiplegia, paraplegia, etc., the following compound mixture is given in doses of about 20 to 25 grains every morning followed by a drink of the decoction of the roots of the Castor Oil Plant; the mixture consists of 5 oz of garlic and 20 grains each of fried asafoetida, cumin seeds (jira), rock salt, black salt (sanchal), ginger, long pepper (pipili) and black pepper.

3. The decoction made of 5 drachms of the tubers of *Delphinium denudatum* (jadwar) and 2 drachms of the stem and leaves of *Onosoma bracteatum* (gaozaban) is given in 2 to 3 drachm doses in paralysis.

4. The leaves of *Crataeva nervula* (varuna) are used as a pot herb in paralysis.

5. In paralytic affections the root of *Plumbago zeylanica* (chitraka) is given in small doses of 10 to 20 grains, larger doses should not be given.

6. Garlic mixed with sesame oil is given in facial paralysis.

7. Cakes or *poories* made of the seeds of *Phaseolus radiatus* (udad) with garlic are given in facial paralysis.

8. The standard preparation *svalparasuna pinda* is given in doses of about 20 grains every morning mixed with the decoction of the root of the Castor Oil Plant.

B—PARAPLEGIA

(Paralysis of the lower half of the body or of the lower limbs)

1—DRUGS USED EXTERNALLY

1. The paralyzed parts are fomented or bathed with the hot decoction of the roots of *Clerodendrum phlomidis* (arni) and leaves of *Pongamia pinnata* (karanja).

ii) The poultice of the roots of these two plants made with cow's urine is applied over the paralyzed parts.

2. The standard preparation *astakatiara tesla* is a very efficacious local application over the affected parts.

3. The juice of the roots of *Calotropis gigantea* is used as a liniment over the paralyzed parts.

4 The mixture of a bland oil, such as sesame (til) oil, castor oil, etc., and the powder of long pepper (pipili) and of ginger is used as a rubefacient over the affected parts

II—DRUGS TAKEN ORALLY

1 Equal parts of *Argyrea speciosa* (samudrasosh) and ginger are taken with hot water, the treatment is to be continued for a long time as the cure is very gradual

2 In paraplegia the leaves of any of the following plants cooked with water and sesame oil but without salt are eaten as a vegetable

- i) *Cassia fistula* (amaltas)
- ii) *Calotropis gigantea* (akda)
- iii) *Solanum nigrum* (kakamachi)
- iv) *Chenopodium album* (betha sag), the whole plant is cooked

3 The powder of long pepper (pipili) and ginger mixed with cow's urine is given in paraplegia

4 Milk boiled with the berries and roots of the Long Pepper (pipili) and the fruit of the Marking Nut Tree (bhilavan) is an efficacious remedy for the cure of paraplegia, 1 lb of milk is boiled with 1 oz of the mixture of equal parts of the other three ingredients till the liquid is reduced to 8 oz, the strained mixture is to be taken in one dose

PHTHISIS

See "*Diseases of the Respiratory System—D*"

PILES

A—GENERAL

I—DRUGS USED EXTERNALLY

1 If piles are protruding and are very painful they should be first lightly rubbed with some bland oil and then the patient should be given a hip bath of one of the following preparations which should be comfortably hot

- i) The decoction of the leaves either of the Radish Plant (muli), the Horse Radish Tree (shigru), *Coleus*

aromaticus (pashanbheda), *Crataeva nervula* (varuna) or *Clerodendrum phlomidis* (arni),

- ii) The decoction of the dry fruits or the root bark of the Jujub Tree (ber),
- iii) The decoction of the root bark of the Bael Tree (bilwa)

2 The following hot preparations are used for fomenting and bathing painful piles

- i) The decoction of chebulic myrobalan (harada)
- ii) The decoction of the leaves either of *Terminalia tomentosa* (saj), *Adhatoda vasica* (vasa) the Castor Oil Plant, or the Indian Hemp (vijaya)

3 The fumigation of piles with the smoke obtained by burning any of the following dry drugs is very efficacious

- i) *Alhagi pseudalhagi* (jawasa),
- ii) The roots and leaves of *Calotropis gigantea* (akda),
- iii) The Prickly Pear (nagphani),
- iv) The finely powdered seeds of dates,
- v) The finely powdered seeds of *Luffa echinata* (dev dal),

or vi) The pericarp of marking nut (bbilavan)

4 The hot poultice of one of the following drugs is used first for fomenting piles and is then applied over them

- i) Dry radish (mul) this poultice is used only in case of non bleeding piles,
- ii) The Sweet Flag (vacha) and the oil from dill seeds (soya ke bija), this poultice should be applied only if the piles are not bleeding
- iii) Sesame seeds
- iv) *Adhatoda vasica* (vasa), this poultice is used only if the piles are not bleeding,
- v) Onions,
- vi) The leaves of the Indian Hemp (vijaya),
- vii) Caraway seeds (shia jira)

5 The piece of cloth saturated with walnut oil is placed inside the rectum for the relief of pain

6 The powder of the roots or the fruit of the Bitter Luffa

(kadvi torai) rubbed on swollen piles makes them weep; ultimately they fall off.

- ii) The infusion of a couple of the fruits made over night is used in the morning to bathe piles.

7. The paste of the seeds of *Luffa echinata* (devdali) made with *gur* and the juice of *Solanum nigrum* (kakamachi) with rock salt and *conjee* applied on painful piles brings quick relief from pain

- ii) A rectal enema of the decoction of the plant is given in piles

8. When piles are pustulating and the patient has an acute burning feeling in the rectal region the paste of red sandalwood (rakta chandan) mixed with one of the following pastes is a very useful local application :

- i) *Mimosa pudica* (lajja) and liquorice root (madhuka);
- ii) Sesame seeds (til) and liquorice root (madhuka),
- iii) *Rasot* and *ghee*
- iv) *Rala* and *ghee*
- v) *Neem* and *ghee*
- vi) *Honey* and *ghee*

9 The paste of powdered turmeric made with the milky juice of *Euphorbia nerifolia* (thohar) is applied over painful piles

10 The compress made of the pulp of roasted onions is applied over inflamed or protruding piles; the compress is renewed as required, this gives great relief

11. The ointment made of fried neem seeds and a little dehydrated copper sulphate applied over piles will make them fall off.

12 The ointment made of the ash of the ripe leaves of the Banyan Tree (*vata*) is very efficacious.

13. The ointment made of turmeric, the leaves of the Indian Hemp (*vijaya*) and onions with hot sesame oil is a very efficacious application over painful and protruding piles.

II—DRUGS USED INTERNALLY

1. The juice of tamarind flowers is given in piles

2. The seeds of *Randia dumatorium* (madana) are taken in doses of 20 to 40 grains

3 Buttermilk mixed with rock salt taken with food gives relief from pain

4 The corm of the Elephant's Foot (*surana*) is a very efficacious remedy for the cure of piles

- i) The corm is eaten in the form of *poories* or *laddoos*,
- ii) The corm is cooked as a vegetable and taken with buttermilk regularly for a month, no cereals should be eaten,
- iii) The corm is made into a confection known as *suran vatak*, this is a most efficacious remedy for piles, the flour of the dry corm 13 oz the roots of *Plumbago zeylanica* 6 oz, ginger 2 oz, black pepper 1 oz, and old *gur* 3 lb are mashed together and made into a pill mass with the addition of the required quantity of water, 6 grain pills are made out of this mixture, two to four such pills are given with water,
- iv) The juice extracted from the corm after making a *put pak* of it, is given in 1 to 2 oz doses mixed with sesame (*til*) oil and rock salt

5 The pill mass made of one part each of chebulic myrobalan (*harada*), sesame seeds (*til*) and the seeds of marking nut (*bhilawan*) and 6 parts of *gur* is one of the most efficacious remedies for piles, to make the pill mass sesame seeds and marking nut seeds are first macerated together, powdered chebulic myrobalan and *gur* are then added to the mixture, 45 grain pills are made out of the pill mass, one to four such pills are given with water, according to the capacity of the patient, he should observe strict diet

6 Aloe *barbedensis* (*kumari*) is a useful drug in piles

- i) The salad made of the pickled leaves is given
- ii) The fleshy pulp underneath the skin of the leaves is eaten with or without the addition of powdered turmeric

7 The juice of the Dhub Grass (*bariali*) is given with ginger and honey

8 The juice of *Tinospora cordifolia* (*gudunchi*) is given in 2 to 3 drachm doses with honey or buttermilk three times a day, instead of the juice the powder of the plant may be used,

9 The gruel made of *Dolichos biflorus* (kulthi) is an efficacious remedy in piles

10 Tamarind leaves cooked with curds and mixed with pomegranate juice ginger and coriander seeds (dhanya) are eaten as a vegetable

11 Brinjals cooked with the ash of the *panchang* of the Bitter Luffa (kadvi torai) and *ghee* are very efficacious they are eaten every night for a week, as many brinjals should be eaten as possible

12 Carrots fried in *ghee* and oil are eaten with curds and sour pomegranate for the cure of piles

13 The curds made in a vessel the inner sides of which are well coated with a very fine powder of the root bark of *Plumbago zeylanica* (chitraka) before the milk to be made into curds is poured into the vessel are an efficacious remedy for piles

14 The compound decoction of *triphala* and powdered turpeth root (nishottar) is an efficacious remedy

15 A regular use of *Amaranthus polygamus* (chaulai) as a pot herb cures piles

16 The roots of the Four o Clock Flower (gulabbas) are an efficacious drug for the cure of piles

i) The curry made of the boiled roots is taken

ii) The compound powder of 5 drachms of the roots 2½ drachms each of long pepper (pipili) and black pepper and 5 oz of sugar is given in one drachm doses

iii) The confection made of 5 drachms of the roots 2½ drachms each of nutmeg (jaiphal) mace (javatri) and the Atis Root (ativisha) 1 oz of *ghee* and 10 oz each of sugar and milk is given in one drachm doses twice a day

17 A drink of buttermilk mixed with powdered ginger gives relief

18 Onion juice taken with *ghee* and sugar gives relief

19 The pill-mass made of 1 oz of the leaves of *Eclipta alba* (bhangra) and 90 grains of black pepper is a very efficacious remedy for the cure of piles pills about one third of an

inch in diameter, are made out of this mixture, two such pills are given with water, each time, twice a day

20 The berries of the Neem Tree are very useful for the cure of piles

- i) 45 grains of the juice of the ripe berries mixed with 90 grains of *gur* are given for a week on an empty stomach
- ii) The unripe berries are eaten
- iii) The ointment made of the fried seeds and dehydrated copper sulphate is applied over piles

21 The mixture of roasted onions, cumin seeds (*jira*), sugar candy and *ghee* is eaten regularly

22 For the cure of piles long pepper (*pipli*) is a very efficacious drug

- i) The berries are given in the same way as for the treatment of abdominal tumours (see Abdominal Tumours No 11)
- ii) Long pepper taken according to the method known as *pīplī wārḍhamān* (see Alteratives No 15-ii) cures piles

23 When the piles are very painful and the anus has got inflamed the following drugs are useful *

- i) Chebulic myrobalan given with *gur* on an empty stomach, or the myrobalan pickled in cow's urine given with *gur*,
- ii) Omum seeds (*yavanī*) with whey
- iii) The mixture of bael fruit (*bilwa*) and wood apple (*kawīṭha*)

24 The following standard preparations are given

- i) *yavanī shadava chūrṇa*,
- ii) *dadīmadya ghṛita*,
- iii) *pīpaladya ghṛita*,
- iv) *vaishvanar chūrṇa*,
- v) *pañchsamī chūrṇa*,
- vi) *marīchadī chūrṇa*,
- vii) *samsharkar chūrṇa*
- viii) *navayasa chūrṇa*

II—BLEEDING PILES

In addition to the remedial measures described above the following are particularly useful for the cure of bleeding piles

A—DRUGS USED EXTERNALLY

1 The paste made of the tender leaves of *Pongamia pinnata* (karanja) is applied over bleeding piles, at the same time 45 grains of the paste made of the leaves or the bark with water are taken orally

2 The decoction of the flowers of *Woodfordia fruticosa* (dhataki) is used for bathing bleeding piles

3 The ointment made of 180 grains of the galls of the Gall Nut Tree (mayaphala) 90 grains of opium and 1 oz of butter is applied both inside and outside the rectum to check bleeding

4 The mixture made of 1 drachm of *rasot* with 4 oz of water is used for bathing bleeding piles

5 The ointment made of the powder of the flowers of *Mesua ferrea* (magkekar) with butter gives great relief

6 The juice of *Eupatorium triplinerve* (ayapana) is a very useful local application for checking bleeding from piles

7 The poultice of sesame seeds (til) is applied over bleeding piles at the same time the seeds are eaten with butter

B—DRUGS USED INTERNALLY

1 The confection made of the flowers of the Rohun Tree (rohuna) is given in bleeding piles

2 The seeds of the Conessi Bark (Lurchi) are given in doses of 45 to 90 grains with buttermilk

ii) The decoction of conessi bark is one of the most efficacious remedy for bleeding piles

3 The powder of the seeds and roots of *Achyranthes aspera* (apamarga) given with rice water and honey cure bleeding piles

4 The powder of the fruit of the Kokum Butter Tree (raktapurka) cooked with the upper creamy layer of curds is a very efficacious remedy for the cure of bleeding piles

5. The flowers of *Mesua ferrea* (nagkesar) taken in 180 grain doses with butter cures bleeding piles, at the same time the ointment of the flowers made with butter is applied to the piles

6 The pulp of bael fruit (bilwa) is taken with buttermilk

7. The decoction of *Sida cordifolia* (bala) is an efficacious remedy

8 The ripe fruits of the *Carambola* (karmara) give great relief especially when eaten by patients having bleeding piles which are wholly internal

9 Chebulic myrobalan (harada) taken in the form of a powder or a decoction with *gur* regularly before meals is an efficacious remedy for bleeding and internal piles

n) If the patient passes hard stools chebulic myrobalan infused in cow's urine is given with *gur*.

10. The bark of the Pomegranate Tree given with butter milk checks bleeding from piles

11 Cooked carrots eaten with whey check bleeding from piles, even if the bleeding be very profuse

12 The paste of sandalwood taken with ginger checks bleeding from piles

13 Emblic myrobalan (amla) taken with the upper cream layer of curds is very effective in checking bleeding from piles, even if the bleeding be profuse

14 The mixture of 1 oz of the pulp of a ripe bael fruit (bilwa) 180 grains of sugar, the powder of 7 black peppers and 8 grains of cardamoms is very efficacious in checking bleeding from piles

15 The powder of shelled mango seeds taken in doses of 20 to 30 grains with honey cures bleeding piles

16 Sesame seeds (til) made into a paste with butter are taken orally and at the same time a poultice of the seeds is locally applied

17 *Rasot* is one of the most efficacious drugs for the cure of bleeding piles, 180 grains of the extract are macerated together with 15 grains of camphor and a little water, 8 grain pills are made out of this mixture, one or two such pills are given with cold water twice a day these pills not only check

bleeding but also cause the piles to drop off if the treatment is continued for some time strict diet should be observed

18 The strong decoction of the fresh Coriander Plant (dhanya) is very efficacious

19 Five fresh rose flowers eaten with 75 grains of sugar, each time twice a day followed by a drink of milk cure bleeding piles, this treatment is to be continued for a fortnight

20 The seeds of *Achyranthes aspera* (apamarga) taken in 45 grain doses with rice water cure bleeding piles.

PIMPLES

See '*Skin Diseases—G*

POISONS (ANIMAL)

See '*Antidotes—C*

POISONS (METALLIC)

See '*Antidotes—B*

POISONS (VEGETABLE)

See '*Antidotes—A*

DISORDERS OF PREGNANCY & CHILDBIRTH

A—ABORTION AND MISCARRIAGE

1 When there is the danger of spontaneous abortion or miscarriage the mixture of equal parts of barley (yava) sesame seeds (til) and sugar powdered together is given with honey to stabilize the embryo

2 Pomegranate leaves given with the powder of sandalwood, curds and honey prevents miscarriage

3 The *swaras* of *Eclipta alba* (bhanga) is given with an equal quantity of cow's milk when there is the danger of miscarriage

4 To prevent miscarriage the bark of the Lodh Tree (lodhra) is given with long pepper (pippl) honey and milk

5. When the expectant mother cannot usually retain the embryo she should be given from the second month of pregnancy to the fourth month the root of the Screw Pine (*keora*); the paste of 90 to 180 grains of the root made with cow's milk is given with sugar twice a day.

6. For the treatment of habitual abortion fried *asafoetida* is very efficacious; one and a half grains of this drug are given twice a day as soon the pregnancy has commenced; the dose is gradually increased to 15 grains a day; it is then gradually decreased to three grains a day; this dose is continued till the birth of the child.

7. When there is the danger of abortion the mixture of equal parts of sesame seeds (*til*) and *Prunus cerasoides* (*rad-maka*) is given with sugar.

8. To prevent abortion the decoction of *Ficus racemosa* (*gullara*) is given with sugar to the expectant mother.

ii) The decoction of *Ficus racemosa* is used for kneading rice flour and sugar into a dough; flat cakes or *poories* made out of this dough and fried in *ghee* are given to the expectant mother.

9. The powder of the root-stock of the Sacred Lotus (*kamal*) is given with honey and sugar if there is the danger of abortion or miscarriage.

10. The paste made of the roots of *Grewia asiatica* (*dhanawana*) is applied on the navel, the pubic region and the vagina when the dead foetus remains inside the womb; this application will cause the dead foetus to drop without delay.

11. The paste made of the roots of *Desmodium gangeticum* (*shalaparni*) is applied on the navel, the pubic region and the vagina to drop the dead foetus.

12. The paste made of the roots of *Boerhaavia diffusa* (*punarnava*) mixed with a little bland oil is applied inside the vagina to induce the dropping of the dead foetus.

B—LABOUR (ABNORMAL)

1. To facilitate parturition the paste of the root of the *Colocynth* (*indravaruni*) made with water and *ghee* is applied below the navel and on the vagina.

2 The macerated roots of *Adhatoda vasica* (vasa) are applied on the pubic region and the vagina to help parturition

3 The paste of the roots of *Boerhaavia diffusa* (punar nava) made with some bland oil is applied inside the vagina to facilitate labour

4 When labour pains begin a piece of the root of *Achyranthes aspera* (apamarga) is placed inside the vagina to hasten parturition, the paste of the macerated roots is applied over the navel, the pubic region and the vagina

5 The root stock of *Gloriosa superba* (kalihari) is applied as a paste over the pubic and supra pubic regions to promote labour pains

6 The pessary made of the shelled seeds of the Soap Nut Tree (*ristha*) is introduced inside the vagina to stimulate the uterus and to facilitate parturition

ii) A plug of the piece of cotton cloth saturated with the soapy foam of the fruit placed inside the vagina is equally efficacious

7 To facilitate labour the paste of the powder of the root of *Cyclea arnotta* (patha) is placed inside the vagina and also applied over the navel and the pubic region

8 To hasten parturition the flowers of *Luffa echinata* (devdali) are given in doses of 180 grains with milk to the expectant mother, this is one of the best remedies

9 The powder of *Sphaeranthus indicus* (gorakhmundi) is given with *conjee* to aid labour

10 The dried root of *Aristolochia bracteata* (kidamari) is given in doses of $1\frac{1}{2}$ drachms to facilitate parturition.

ii) The *phant* of the root is given in $1\frac{1}{2}$ drachm doses

11 When labour is delayed the mixture of the roots of the Long Pepper (*pipli*) and of *Aristolochia indica* (ishwarmul) is given with fried asafoetida wrapped in betel leaves

12. When labour is very painful and difficult the paste of the roots of *Echinops echinata* (utkataka) made with water is given in doses of 180 grains to hasten parturition

13 The decoction of the root bark of the Cotton Plant is given in doses of 2 oz to increase labour pains, the decoction

is made by boiling 4 oz of the bark in 80 oz of water till the liquid is reduced to half the quantity

14 To help easy labour the pessary made of the powdered root of Cassia tora (chakund) is placed inside the vagina, to make the pessary the powder of the roots is placed in an oil soaked cotton bag

C—MORNING SICKNESS

1 To check nausea or vomiting in the early stages of pregnancy a mustard poultice is applied on the abdominal region

2 The mixture of equal parts of chiretta and sugar are given with honey

3 The flowers of the Tanner's Cassia (tarwar) are very efficacious for checking vomiting or nausea due to pregnancy, 180 grains of the flowers macerated in cow's milk are given with 180 grains of sugar

4 The mixture of 45 grains of powdered coriander seeds (dhanya) and 180 grains of sugar administered with rice water gives relief

5 The compound decoction of coriander seeds (dhanya), ginger, sugar and the tubercles of the Nut Grass (nagarmusta) is very efficacious, 90 grains of each of these ingredients are boiled with 13 oz of water till the liquid is reduced to 3 oz, the strained decoction is given in one dose

6 The pulp of a bael fruit (bilwa) taken with parched rice and water checks the vomiting

7 The decoction of ginger and dry unripe bael fruit (bilwa) is given with barley flour

D—POST NATAL TREATMENT

1 After parturition the decoction of the leaf buds or tender leaves or joints of the stem of the Bamboo is given to contract the uterus and to encourage a free discharge of lochia

2. A small quantity of fried asafoetida given with garlic and gur or honey increases the lochial discharge after child birth

3 The decoction of *Dolichos biflorus* (kulitba) taken after childbirth promotes lochial discharge

4 The *phant* of the root of the Long Pepper (pipili) is given to help the expulsion of the after birth.

5 The paste of the root bark of the Bonduc Nut made with rice water is given to facilitate the dropping of the after birth

6 A drink of rice water in which the bark of *Ficus racemosa* (gullara) has been macerated promotes the expulsion of the after birth

7 The juice of neem leaves given in 1 to 4 oz doses constricts the womb, expels easily the after birth, reduces the swelling round the womb and acts as a prophylactic against child bed fever

8 The mixture of equal parts of the powder of *Eclipta alba* (bhangra) and of the roots of the Bael Tree (bilwa) given with honey quickly allays the pain in the urogenital organs after childbirth

9 To reduce the inflammation of the uterus after childbirth the poultice of the seeds of the Safflower (*kusumbha*) is applied on the pubic region.

10 If the vagina is lacerated after childbirth the paste of equal parts of the leaves of *Lagenaria vulgaris* (kadvi tumbi) and the bark of the Lodh Tree (lodhra) is applied inside the vagina.

11 When the vagina is swollen and lacerated after childbirth an enema of the decoction of the leaves of *Vitex negundo* (indrani) is very useful, it heals the wounds and reduces the swelling, the boiled leaves are also bandaged over the vagina.

12 When the womb is very painful after childbirth and the mother suffers from general debility pills made out of the bark of *Ailanthus excelsa* (mahavrux) are very efficacious

- 1) A pill mass is made of equal parts of the bark, ginger and *gur*, pills, each weighing 15 grains, are made out of this pill mass, three such pills are given, one at a time, in the course of the day, for a fortnight, these pills not only give quick relief from uterine

pains but are an efficacious tonic and an effective preventive of child bed fever

- ii) The *swaras* of the bark and the leaves given with porridge or coconut milk and honey stops the after pains of childbirth and acts as a tonic

13 When the lying in mother has child bed fever the bark of *Ailanthus excelsa* (*mahavruk*) is a very efficacious drug, at first the juice of the bark is given with an equal quantity of coconut milk and a little *gur* or honey, this treatment is continued for about three days, and then a compound decoction of the bark, the berries and roots of the Long Pepper (*ppli*), ginger and black pepper is given with the addition of honey

14, In child bed fever the compound decoction of the Zedoary (*karchur*), *Fumaria parviflora* (*pittpapda*) ginger, chiretta, *Fagonia cretica* (*dhamasa*) *Picrorhiza kurroa* (*katuki*), the tubercles of the Nut Grass (*nagarmusta*) and the roots of *Solanum xanthocarpum* (*kantakarika*) is given with honey and powdered long pepper (*pipili*)

15 To induce the uterus to return to its normal condition after childbirth the following treatments are recommended

- i) The pessary made either of the shelled seeds of the Soap Nut Tree (*rittha*) or of the mixture of oak galls (*mayaphala*) and roasted alum or of the cotton cloth saturated with the decoction of the root of the Cowhage (*kinvach*) is placed inside the vagina,
- ii) The paste made of oak galls (*mayaphala*) camphor and honey is applied inside the organ

PRICKLY HEAT

See "Skin Diseases—H"

PURGATIVES

A—STRONG PURGATIVES

1 The oil expressed from the seeds of the Prickly Poppy (*bharbhand*) is given in doses of 30 drops as a brisk purgative

- ii) The powder of the root is given with hot water, the dose depends on the capacity of the patient,

2 Croton oil—the oil expressed from the seeds of the Purgng Croton (jamalgota)—is given in minute doses as it is a drastic cathartic a drop of the oil is given with sugar or with bread, it is specially given in apoplexy convulsions insanity etc. In case of ill effects caused by this oil a large drink of lemon juice and water should be given repeatedly

- ii) The juice of the root of the Purgng Croton is given in the following way the powder of the root is spread on the exposed surfaces of the two halves of a piece of sugarcane split open longitudinally the two halves are then joined together and roasted, the juice expressed from this roasted piece of cane is an efficacious purgative

3 The preserve of emblic myrobalan (amla) is used as a purgative especially in habitual constipation palpitation of the heart and complaints of the digestive system the confection is prepared by soaking the dry fruits in water for some time till they become soft these soft fruits are boiled in fresh water the pulp of these fruits is made into a preserve by cooking it with sugar three times its weight the confection is used as a purgative in doses of 1 to 2 drachms

4 Turpeth root (nishottar) is a useful cathartic four parts of turpeth root one part of ginger and one part of black salt (sanchal) are powdered together the powder is strained through cloth it is given in 20 to 60 grain doses to avoid excessive purging it should be taken with cold water it is particularly useful in dropsy

5 The seeds of the Morning Glory (kaladana) are given as a purgative especially in liver and spleen disorders indigestion dropsy etc 2 oz of the seeds are powdered with one ounce of rock salt and half an ounce of ginger this compound powder is taken in 90 grain doses

6 In liver disorders chebulic myrobalan (harada) is a very efficacious purgative it stimulates the liver and removes bile from the system 2 to 4 oz of the myrobalan are given as a decoction or infusion with the addition of aromatics like fennel seeds (madhurika) caraway seeds (shiajra) coriander seeds (dhanya) etc and a little honey or sugar this purgative is given early in the morning on an empty stomach

7 The leaves of the Indian Senna (senna) are used as a

purgative in the form of an infusion, the infusion is prepared by soaking in water in a closed vessel for a few hours 4 drachms of the leaves, 1 oz of black raisins (without the seeds) and 1 drachm each of powdered ginger and cloves, one to two ounces of the strained infusion is given with milk and sugar

8 The *swaras* of the leaves of *Nyctanthes arbor tristis* (*parijataka*) is a safe purgative for children

9 The decoction of equal parts of chebulic myrobalan (*harada*), the pulp of the pods of *Cassia fistula* (*amaltas*), the root stock of *Picrorrhiza kurroa* (*katuki*), turpeth root (*nishot tar*) and emblic myrobalan (*amla*) is a very efficacious purgative, the decoction is made of 1 oz of the mixed ingredients, it is given in doses of 2 to 4 oz.

10 The following standard preparations are efficacious purgatives

- i) *trivruttadi churna*, it is given in 45 to 90 grain doses in the morning with hot water, it is specially given in indigestion biliousness and similar disorders,
- ii) *panchsam churna*, it is given in doses of 45 to 90 grains,
- iii) *naracha churna*, it is given in doses of 45 to 90 grains,
- iv) *pathyadi kwath*, the dose of the decoction is 2 to 4 oz

B—MILD PURGATIVES OR LAXATIVES

1 Two and a half ounces each of black raisins (without the seeds) and dried figs and 4 drachms of liquorice root (*madhuka*) are boiled together in a pint of water, a pint of this decoction is mixed with a pint of barley water, the mixture is boiled till it is reduced to one fourth in quantity, the strained decoction is taken in one dose.

2 The mixture of dried figs and blanched almonds is taken as a laxative

3 The mixture of 22 to 45 grains each of blanched almonds, and powdered sugar and 90 grains of butter is taken each time twice a day, if this laxative does not produce the desired result 12 grains of chebulic myrobalan (*harada*) should be added to the mixture

4. The syrup made of tamarinds, dried figs and prunes is given in 1 to 2 drachm doses to children, especially in fever; instead of the syrup the decoction made of one part of tamarinds and 20 parts of milk is given with the addition of sugar.

5. Chebulic myrobalan (harada) is an efficacious laxative, the decoction made by boiling six myrobalans and one drachm of cloves or cinnamon in 4 oz of water for 10 minutes is taken in one dose early in the morning; this is specially given in enlargement of the liver etc.

ii) The compound powder of one drachm each of the myrobalan, fennel seeds (madhurika) and sugar is taken daily once or twice a day as required.

iii) The paste made of two or three chebulic myrobalans with water is given with a little rock salt.

iv) A dozen myrobalans, broken into small pieces, are infused overnight in a glassful of water, the strained infusion is taken the following morning with 45 grains of powdered sugar.

6. The powder of a few rose buds is taken with sugar followed by a drink of water

ii) The infusion of the buds soaked in water overnight is taken the following morning

7. The infusion of dates is very efficacious for promoting evacuation; a few dates are soaked in water overnight, the next morning the dates are macerated in the infusion before it is strained.

8. Bokhara plums (alubukhara) are an efficacious laxative especially when the faeces have formed hard lumps, the paste of the plums made with water is given

ii) The plums which have been boiled for a long time over a slow fire are squeezed between two sieves, preferably non metallic, this macerated pulp is dried over a very slow fire, the powder of this dried pulp is used as a laxative, when required

9. The syrup of black raisins is a good laxative, 90 grains of raisins, from which the seeds have been removed, are infused in half a pound of rose water for about twelve hours; the raisins are squashed in the infusion which is then put on a slow fire till the liquid is reduced to half its original quantity; the decoction is strained and the pulp is wrung through cloth

to extract as much of the juice as possible, this liquid is again boiled till it becomes syrupy, a teaspoonful of this syrup is given once a day

10 The powder of clean dried fennel seeds (*madhurika*) is fried in *ghee* till the powder turns red the fried powder and an equal quantity of sugar are pulverized together, 90 to 180 grains of this mixture is given to adults twice a day followed by a drink of milk, the dose for children is 20 to 40 grains twice a day with milk

11 The finely powdered seeds of *Randia dumetorum* (*madana*) are given as a laxative in 35 to 50 grain doses, especially in skin diseases, piles, fevers etc

12 The berries of *Salvadora persica* (*pilu*) are given in small quantities as an efficient laxative, especially in bad digestion, large doses should not be given

13 The pulp of the ripe pods of *Cassia fistula* (*amaltas*) is given in 60 to 180 grain doses with the juice of dill seeds (*soya ke bija*) this mixture is particularly recommended to dyspeptic patients, it can be safely given to expectant mothers and to children as well, the juice of dill seeds is added to the pulp to prevent ill effects such as griping, colic, flatulence, etc.

14 The Water Cress (*abativ*) is given in 25 to 30 grain doses

15 The leaves or pods of the Indian Senna (*senna*) are used as a laxative, especially in piles and habitual constipation, the pods are slower in action than the leaves about a dozen leaves are soaked in 2 oz of cold water overnight, the strained infusion is taken with *gur*, the following morning on an empty stomach, the tea prepared by infusing the leaves in boiling water for a few minutes is equally efficacious, an infusion of six to twelve pods in a glassful of water is given to adults, for children the infusion is made of three to six pods This drug should not be given during pregnancy, fever and intestinal irritation To avoid ill effects like nausea and griping the drug should be given with aromatics like cloves, cinnamon, cardamoms etc

16 The standard preparation *narach churna* is given in doses of 90 grains with honey in the morning before taking food.

PYORRHOEA

See "*Diseases of the Teeth—D*"

DISEASES OF THE RESPIRATORY SYSTEM

A—GENERAL

1 Two drops of the *swaras* of the leaves of *Eclipta alba* (bhangra) mixed with eight drops of honey are given to a new born child suffering from a cold in the chest

2 Children suffering from a cold in the chest are given the ash of the leaves and twigs of *Cadaba farinosa* (kodhab) with milk

3 The paste made of the seeds of *Barringtonia acutangula* (samudraphala) with water is applied on the chest of a child suffering from a cold in the chest, if the child has also shortness of breath a few grains of the seeds are given with the juice of fresh ginger, this will act as a certain emetic and thus clear the air passages of mucus

4 The decoction of the root of *Cissampelos pareira* (patha) is given in chest diseases and phthisis

5 The decoction of the root of *Bauhinia racemosa* (asoda) is given with black pepper in pneumomia

6 In pneumonia the seeds of *Cleome icosandra* (surya varta) are eaten with the juice of the seeds of the Bonduc Nut (putikaranja)

7 In broncho pneumonia *Ruta graveolens* (sitav) is very efficacious

i) The infusion of the macerated leaves is given

ii) The powdered leaves are given in doses of 10 to 60 grains

iii) The oil expressed from the leaves is given in doses of 1 to 4 drops

8 In congestion of the chest the *swaras* of the leaves of the Sun Flower (surya mukhi) or of the roots of *Sida cordifolia* (bala) is given with a little fried asafoetida.

9 *Adhatoda vasica* (vasa) is a useful drug in diseases of the chest

- i) The *swaras* of the leaves is given in doses of 2 to 4 drachms
- ii) The powder of the root bark is given in doses of 10 to 30 grains
- iii) The decoction of the bark is given in doses of 1 oz

10 The gum that exudes from the trunk of *Stercula urens* (karai) is given with bamboo manna (tabashir) and long pepper (pipli) in diseases of the chest

11 In diseases of the chest the oil of marking nut (bhila van) is very efficacious, 10 to 15 drops of the oil are given with a cup of milk

12 The following standard preparations are given in diseases of the chest

- i) *dadimadya ghrita*,
- ii) *yamani shadava*,
- iii) *lasuna kshira*,
- iv) *navayasa churna*

B—ASTHMA

1 The paste made of equal parts of long pepper (pipli), dates, black raisins, *ghee*, sugar and honey is an efficacious remedy in asthma, cough, etc

2 Long pepper (pipli) administered in the special way known as *pipli wardhman* (see Alteratives No 15 - ii) is a very efficacious remedy for the cure of asthma, cough, etc

3 The root stock of *Curculigo orchoides* (mushali) is an efficacious remedy in asthma, colic and jaundice, the root stock is cut into slices with a non metallic knife and dried in shade, 180 grains of the dried slices and 180 grains of sugar are well beaten up in a glass of milk so that a thick mucilage is formed, this mixture is taken in one dose

4 The ripe fruit of the Prickly Pear (nagphani) is given for the cure of asthma, whooping cough and spasmodic coughs, the juice of the baked fruit is given in teaspoonful doses three or four times a day, the syrup made of the fruit is equally efficacious

5 The gum of the Babul Tree is given in asthma and cough

6 For the relief of spasmodic asthma and kindred diseases the smoke of dhatoora leaves is very efficacious, about 12 grains of the coarsely powdered dry leaves - preferably half dried leaves - are smoked as a cigarette, a second cigarette may be smoked after about quarter of an hour if there is no relief, but not more than three such cigarettes should be smoked. It is necessary that the first cigarette should be smoked as soon as the attack comes on.

7 *Achyranthes aspera* (apamarga) is a very efficacious remedy for asthma.

- i) The dry leaves are smoked in a pipe.
- ii) The ash of the burnt dry plants is given with honey.
- iii) *Apamargkshar* the extract of the herb, is given in 6 to 12 grain doses.

8 *Calotropis gigantea* (akda) is a valuable herb for the relief of asthma.

- i) The powder of the root is given in 2 to 8 grain doses as an emetic.
- ii) The dried milky juice is given in 2 to 3 grain doses.
- iii) The milky juice of the tender leaves is repeatedly mixed with the flour of pearl barley, this mixture is taken with honey or is made into a grael.

9 The juice of the *panchang* of *Solanum xanthocarpum* (kantakarika) is given in doses of 45 to 90 grains with powdered black pepper in asthma, cough and influenza.

- ii) 180 grains of the root mixed with a little fried asafoetida and honey is taken for three days, this powder is very efficacious even in the worst type of asthma.
- iii) The medicated ghee or *ghee ghrita* prepared with the juice of the plant gives great relief in asthma, cough, dyspepsia and hoarseness of voice, 2 lb of the ghee are boiled with 4 lb of the juice.

10 The decoction of the leaves of *Adhatoda vasica* (vasa) black raisins and chebulic myrobalan (harda) taken with sugar and honey gives relief in asthma and cough.

- ii) The *swaras* of the leaves is given in doses of half to one ounce with honey or powdered ginger.
- iii) The powder of the dried leaves is given in doses of 30 grains with honey.

11. The powder of the flowers of the Dita Bark Tree (*saptaparna*) or the juice of its bark taken with long pepper (*pīplī*) and honey brings relief in asthma and hiccups.

12. The juice of fresh ginger mixed with an equal quantity of honey taken in doses of half to 2 drachms is a useful remedy in asthma and nasal catarrh.

13. The compound powder of chebulic myrobalan (*harada*) and beleric myrobalan (*bahira*) is given with honey in asthma.

14. The mixture of equal quantities of fresh ginger and *gur* is an efficacious remedy in asthma, cough and bronchitis; the first day one fourth of an ounce of the mixture is taken; the quantity is daily increased by about an ounce till 8 oz of the mixture are taken in a day; the dose is then decreased gradually by an ounce every day.

15. The following preparation is given to children suffering from asthma; coriander seeds (*dhanya*) and sugar are macerated together in rice water, the strained mixture is given to the child.

16. The powder of the berries of *Embelia ribes* (*vidanga*) is given with honey to a child in asthma.

17. In the asthma and cough of expectant mothers the powder of the root of *Clerodendrum serratum* (*bharangi*) is given with the berries and roots of the Long Pepper (*pīplī*), old *gur* and honey.

18. The pills made of the following preparation are highly effective in asthma, the juice of the Prickly Poppy (*bharbhand*) is boiled till it becomes thickish; 2 oz of this thickish juice, 2 oz of old *gur* and three fourths of an ounce of *rata* are mixed together to make a pill mass; pills, each of 4 grains, are made from this mixture; each pill is wrapped in silver paper, one pill is taken with hot water three times a day.

19. One of the following standard preparations is given as a specific in asthma:

- i) *lavangadi churna*, this powder is given in asthma, bronchitis, anorexia, etc.
- ii) *panchsar*;
- iii) *talisadi churna*; this powder is given in doses of 20 to 40 grains with water in asthma and cough;

- iv) *eladi* pills, one pill weighing about an ounce is given in one day,
- v) *karpurashitak churna*

C—BRONCHITIS

1 A large and soft poultice of rice is kept all night on the chest and also on the back between the shoulder blades in chronic bronchitis, the addition of a little mustard powder to the rice flour increases the efficacy of the poultice

2 The fomentation of the chest with omum seeds (*yavani*) gives great relief in bronchitis, the seeds are eaten to loosen the phlegm and to aid expectoration

3 Hot betel leaves coated with some bland oil are applied on the chest of a child suffering from bronchitis, difficulty of breathing and cough

- ii) The paste made of quick lime mixed with double its quantity of juice of betel leaves is applied on the chest.

4 The decoction or infusion of dry leaves of *Abies webbiana* (*talispatra*) is usefully given in chronic bronchitis, phthisis and other pulmonary diseases. The decoction is made by boiling one part of the leaves in eight parts of water, it is given in doses of half to one drachm, the infusion is made by soaking one part of the leaves in 20 parts of water, it is given in doses of 4 to 12 drachms

5 The following preparation is very efficacious in bronchitis and catarrh, the mixture of 160 grains each of black pepper, omum seeds (*yavani*), long pepper (*pipli*) rock salt, black salt (*sanchal*) and borax and 16 oz of the leaves of *Adhatoda vasica* (*vasa*) is placed in a small vessel, this vessel, after tightly closing its mouth, is put over a fire till the ingredients are completely burnt this burnt mixture is given in doses of 2 to 6 grains with honey

6 The dry flower buds of the Pomegranate Tree given in doses of 4 to 5 grains with honey are efficacious in bronchitis

- ii) Pieces of the dry rind of the fruit slowly chewed with beleric myrobalan (*bahira*) give great relief in bronchitis and bronchorrhoea.

7. The juice of *Eclipta alba* (bhangra) mixed with honey is an efficacious remedy in bronchitis and cough

8. The medicated *ghee* or *ghee ghrita* prepared with the *swaras* of *Vitex negundo* (indrani) is given with good effect in bronchitis.

9. Linseed (alsi) tea prepared by boiling an ounce of the seeds in a pint of water for 10 minutes, is an efficient demulcent and expectorant in bronchial diseases, cough, cold etc ; the tea is sweetened to taste, to the tea a little liquorice root (madhuka) may be added to advantage

10. The decoction of *Dolichos biflorus* (kulitha) is taken with sugar and the powder of long pepper (pipili) fried in *ghee* in bronchitis

11. For the cure of bronchitis three fried long peppers are taken three times a day, before the berries are fried in *ghee* they are kept for some time in water to which has been added the ash of the wood of the Flame of the Forest (palasa)

12. The powder of equal parts of the roots of the Long Pepper (pipili), ginger and the pulp of beleric myrobalan (bahira) taken with honey gives immediate relief in bronchitis.

13. The powder of the roots of *Tephrosia purpurea* (sharpunkha) or of *Clitoria ternatea* (aparajita) taken with honey is an efficient remedy in bronchitis

14. For children suffering from bronchitis and cough a dose of 20 to 25 grains of finely powdered coriander seeds (dhanya) given with sugar in rice water brings quick relief

15. In bronchial catarrh of children, even if it be acute, *Barringtonia acutangula* (samudraphala) is one of the best known remedies, the paste made of the seeds with water or with the juice of fresh ginger is applied over the chest, 2 to 5 grains of this paste are given to the child to induce vomiting and the expulsion of mucus from the air passages, this gives immediate relief

16. The decoction of the tubercles of the Nut Grass (nagarmusta) and black pepper is given in bronchitis

17. For the cure of bronchitis the following preparation is very effective: one ounce each of cloves, black pepper and beleric myrobalan (bahira) and 3 oz of the inner bark of the

Catechu Tree (khadirsar) or 3 oz of white catechu are powdered together and made into a pill mass with the decoction of the inner bark of the Babul Tree, pills of about 45 grains each, are made out of this pill mass, two to three of these pills are slowly sucked in a day

18 The syrup of the berries of *Zizyphus sativa* (unab) is an efficacious remedy in bronchitis, it is given in half to one drachm doses with cold water, the syrup is prepared by boiling one pound of the dry berries with 2 lb sugar and 3 lb of water

19 Any one of the following standard preparations is effective as a cure in bronchitis

- a) *eladi churna*, 5 to 20 grains are given three times a day,
- b) *lavangadi churna*, 20 to 60 grains of this powder are kept in the mouth and slowly swallowed, it is taken three times a day,
- c) *panchsar*,
- d) *talisadi churna*, in bronchitis and broncho pneumonia this powder is given with musk to children, 3 grains of the powder are mixed with 1 grain of musk, this mixture is divided into six parts, one such part is given with honey every four hours to the child

D—PHTHISIS

1 As an expectorant and antispasmodic *Adhatoda vasica* (vasa) is one of the most efficacious drugs in phthisis and other chest diseases

- i) The *swaras* of the leaves is given in 2 to 4 drachm doses with honey or with the juice of fresh ginger
- ii) The powder of the root bark is given in 10 to 30 grain doses
- iii) The decoction of the bark, leaves and roots is given in one ounce doses with black pepper
- iv) *ghee ghrita* or the medicated *ghee* prepared with the decoction of the plant and the paste of its roots is given
- v) The juice of the leaves or of the roots expressed after making a *put pak* of them is given with honey

- vi) A linctus is made of the juice of the leaves, the juice expressed from the steamed leaves is boiled with sugar till the mixture becomes syrupy, the powder of beleric myrobalan and of turmeric are well mixed with the cold syrupy mixture; this confection is given several times in the course of the day

2 The decoction or infusion of *Abies webbiana* (talispatra) is an efficacious remedy in phthisis, the decoction is given in doses of half to one drachm and the infusion in 4 to 12 drachm doses,

3 The compound decoction made of 6 drachms each of *Tinospora cordifolia* (gudunchi) and the leaves of *Adhatoda vasica* (vasa), 5 drachms each of *Solanum xanthocarpum* (kantakarika) and honey, 4 drachms each of chebulic myrobalan (harada) and long pepper (pipili), and 3 drachms of black raisins is given in one ounce doses three times a day; it is an efficacious expectorant in phthisis

4 Ghee boiled with the paste of *Sida cordifolia* (bala) is repeatedly taken in large quantities after meals, this cures headache, loss of voice, cough, pains in the sides etc due to phthisis

ii) Ghee boiled with *Sida cordifolia* and milk taken during or after meals in quantities to suit the patient's appetite is very efficacious in phthisis

iii) Ghee boiled with dates, black raisins, sugar and honey cures cough, loss of voice, etc due to phthisis

5 The powder of the root of the Teri Pods (vankeri mul) is given in 90 grain doses with powdered cumin seeds (jira), milk and ghee for the cure of phthisis

6 The mixture of one ounce of the juice expressed from the stem of the Plantain Tree and one ounce of milk is given every two hours; this treatment continued for a couple of months checks the cough of the patient, it not only improves his appetite but also improves his general condition. The expressed juice should not be kept for more than a day; fresh juice should be extracted each day. The patient should take a diet of milk and rice

7. The linctus prepared of any one of the following combinations of drugs slowly sucked by the patient cures cough, loss of voice, body pains, hiccups, loss of appetite, etc.

R H E U M A T I S M

A—PREPARATIONS USED EXTERNALLY

1 The medicated sesame oil or *tela ghrita* prepared by boiling the oil either with the leaves and the tender twigs of *Alhagi pseudalhagi* (jawasa) or the roots of *Ahrus precatorius* (janja) or *dhatoora* capsules or the seeds of *Celestrus paniculata* (malkangni) is used as a liniment over the rheumatic part

2 The mixture of equal parts of ground nut oil or some other bland oil and either the oil expressed from the seeds of the Horse Radish Tree (sharu) or Verbena Oil, the oil extracted from the Lemon Grass (gandhatrina), is applied as a liniment, especially in chronic rheumatism

3 The oil extracted from either the seeds of the Safflower (kusumbha) or the seeds of garlic or the flowers and the fruit rind of the Orange Tree (narangi) or the seeds of *Pongamia pinnata* (karanja) or the seeds of the Alexandrian Laurel (punnaga) or the berries of *Salvadora persica* (pila) is applied as a liniment over the affected part

4 *Pongamia pinnata* (karanja) is very efficacious in rheumatism

- i) The root bark is applied as a poultice over rheumatic swellings
- ii) The hot decoction of the leaves is used to foment or to bathe the affected part
- iii) The mixture of equal parts of the oil expressed from the seeds and of lemon juice is used as an embrocation

5 The *Dhatoora* Plant is a very efficacious drug in rheumatism

- i) The poultice of the fresh leaves is applied over rheumatic swellings the poultice is made with equal parts of the leaves and of rice flour with a little water
- ii) The leaves soaked in boiling water are used to foment the rheumatic parts and when comfortably hot are placed over these parts and covered over with a piece of thick cloth
- iii) The fresh juice of the leaves is used as a liniment

- 6 The paste of chillies is applied over the affected part.
 - ii) The piece of cloth saturated with an infusion of chillies is applied over the rheumatic parts and covered with plantain leaves
- 7 The hot decoction of the leaves of *Abutilon indicum* (kanghi) is very useful for fomenting stiff and painful joints
- 8 The leaves of the Cotton Plant or of the Henna Plant (mendhi) or of the Bael Tree (bilva) are applied over the painful rheumatic part
- 9 The poultice of the leaves of *Sesbania sesban* (jayanti) and of other allied species is applied over the swelling
- 10 The hot poultice of tamarind leaves mixed with rock salt is applied over the affected part
- 11 The paste of the roots or the leaves of *Bauhinia tomentosa* (ashmantaka) or of *B. variegata* (kanchanar) is applied
12. The milky juice of *Calotropis gigantea* (akda) or of the Banyan Tree (vata) or of *Ficus racemosa* (gullara) is painted over rheumatic swellings
- 13 The leaves of *Vitex negundo* (indran) soaked in hot water are used to foment the affected part
- 14 The leaves of *Abrus precatorius* (gunja) soaked in hot mustard oil are bandaged over the painful rheumatic part
- 15 The poultice of any of the following drugs is applied hot over the painful part.
 - i) The leaves or the roots of *Argyrea nervosa* (samu drasosh),
 - ii) The leaves of the Indian Coral Tree (mandar)
 - iii) The figs and the seeds of the Banyan Tree (vata)
 - iv) Ispaghul seeds, the poultice is made with oil and vinegar,
 - v) Castor seeds;
 - vi) Lightly crushed cucumber
- 16 For the relief of rheumatic pains and swellings fomentation with hot boiled leaves of *Adhatoda vasica* (vasa) is very efficacious
17. Castor leaves are applied over the painful, swollen joints

18 The mixture of dill seeds (soya ke bija), deodar, asa foetida and rock salt, macerated together, is well mixed with the milky juice of *Cratogeomys gigantea* (akda) and made into a plaster, this plaster is a very efficacious application in rheumatism, it gives quick relief

19 The standard preparation *ashtakadhva teila* or *saindhavadya teila* is an efficacious local application

B—PREPARATIONS TAKEN ORALLY

1 The pill mass made of 2½ oz of the fruit and the seeds of *Celastrus paniculata* (malkangni) and 1 oz of the husks of omum seeds (yavani) with *gur* is given in doses of 180 grains

2 The leaves of the Horse Radish Tree (shigru) are eaten as a pot herb

3 The *swaras* of the leaves of *Crataeva nurvala* (varuna) is given in doses of 90 to 180 grains with milk or *ghise* or coconut milk

1) In chronic rheumatism the leaves are eaten as a pot-herb

4 The compound powder consisting of 5 parts of chebulic myrobalan (barada), 4 parts of beleric myrobalan (bahira), 5 parts of liquorice root (madhuka), 6 parts of coriander seeds (dhanya), 6 parts of fennel seeds (madhurika), 4 parts of dill seeds (soya ke bija), 5 parts of rose buds and 10 parts of sugar is given in doses of 10 to 20 grains in rheumatism

5 The compound decoction of *Tinospora cordifolia* (gudunchi) and ginger or the simple decoction of *T. cordifolia* mixed either with castor oil or *shilajit* is given

6 The decoction of the bark of *Thespesia populnea* (paris) is given

7 The leaves of *Cassia fistula* (amaltas) fried with mustard oil are eaten as a pot herb

8 Powdered chebulic myrobalan (barada) is taken with castor oil or *gur*

9 *Boerhaavia diffusa* (punarnava) is eaten as a vegetable for the cure of rheumatism

10 The decoction of ginger and *Pedaliump murex* (goksh)

uraka) or the decoction of ginger mixed with castor oil is given in rheumatism

11 The *swaras* of the leaves of *Vitex negundo* (indrani) is given in doses of 90 grains with black pepper and *ghee*

12 The infusion of the Indian Sarsaparilla (ananta) is given as an alterative in chronic rheumatism

ii) The decoction of the root is given in doses of 1 to 2 oz

13 The very fine powder of the roots of *Argyrea speciosa* (samudrasosh) is given with the juice of emblic myrobalan (amla), honey and *ghee* as an alterative

14 The regular use of sesame seeds (til) and ginger is efficacious in rheumatism

15 The *swaras* of neem leaves or the juice expressed with milk is given in rheumatism

16 The following standard preparations are very useful remedies for the cure of rheumatism

- i) *vaishvanar churna* this powder is given in 45 grain doses with buttermilk or hot water
- ii) *athraphala*, 180 grains of this preparation are given two hours before meals

RINGWORM

See *Skin Diseases—J*

SCABIES OR THE ITCH

See *'Skin Diseases—E*

SCIATICA

A—PREPARATIONS USED EXTERNALLY

1 The paste of the seeds of *Abrus precatorius* (gunja) made with water is applied over the affected part

2 The liniment prepared by boiling together long pepper (pipili) ginger mustard oil, buttermilk and curds is very efficacious in sciatica

3 Dhatoora leaves and capsules are very useful as a local application See 'Glandular Diseases A, No 4 .

4 The following standard preparations are very useful as liniments

- i) *ashtakadhva teila*,
- ii) *saindhavadya teila*

B—PREPARATIONS TAKEN ORALLY

1 The Water Cress (*abali*) is a very useful drug in sciatica

- i) This herb can be given in the form of a confection, the Water Cress is added to boiling milk to make a thickish gruel like preparation, *gur* or sugar is added to taste, this confection is also made by adding the herb to boiling water in which *gur* or sugar has been dissolved
- ii) The infusion of the Water Cress made overnight in half a cup of water is taken the following morning with one cup of milk
- iii) A spoonful of wheat flour and a teaspoonful of *ghse* are placed over a slow fire, a cupful of milk or water is slowly added till the mixture is well cooked, sugar or *gur* is added to taste, the mixture is then removed from the fire, to this mixture is added the infusion of the Water Cress made overnight by soaking 1 oz of the herb in half a cup of boiling water, this preparation is taken in the morning for a week, this treatment should be taken in winter by those who usually suffer from sciatica

2 The decoction of the leaves of *Vitex negundo* (*indran*) prepared over a slow fire is very efficacious

3 The powder of long pepper (*pipi*) taken with cow's urine and castor oil cures sciatica even if the trouble is of long standing

4 Milk which has been boiled with macerated castor seeds is very efficacious

5 Chebulic myrobalan (*harada*) taken with castor oil cures sciatica.

6. The following preparation is very efficacious: 6 oz of well dried garlic, 2 lb of milk and 16 lb of water are boiled together till all the water has evaporated; the strained mixture is taken in small doses.

7. The mixture of lemon juice, honey and impure carbonate of potash is given in sciatica.

8. The powder of the root bark of the Persian Lilac (bakayun) is given.

9. The following standard preparations are very efficacious:

- i) *lasuna-kshira*;
- ii) *svalparasuna pinda*.

SCROFULA

See "Glandular Diseases—D"

DISEASES OF THE SCROTUM & TESTICLES

A—HYDROCELE

(Collection of fluid in the scrotum)

1. Liquid storax (*sularasa*) is applied over the inflamed scrotum and the part covered with dry tobacco leaves; this treatment is particularly efficacious in the early stages of hydrocele.

2. The poultice of the macerated leaves of *Mimosa pudica* (*lajja*) or of the roots of the Brinjal Plant (*baigun*) is applied over the diseased organ.

3. The paste of the roasted seeds of the Bonduc Nut (*putikaranj*) is applied over the swollen part which is then covered with castor leaves; at the same time the roasted seed is taken orally in 2 to 8 grain doses.

4. The poultice of the leaves of *Sesbania sesban* (*agastya*) applied to the enlarged scrotum is very useful in hydrocele.

5. For the absorption of hydrocele the hot leaves of the Horse Radish Tree (*shugun*) are applied over the swollen part.

6. The paste made of the Marking Nut fruit (*bhilavan*)

and turmeric is applied on the enlarged scrotum, at the same time the organ is fomented with a hot cow dung cake ,

7 The *swaras* of *Gynandropsis gynandra* (*suryavarta*) is given with gram soup

8. The compound decoction of the roots of *Boerhaavia diffusa* (*punarnava*) and the bark of *Crataeva nurvala* (*varuna*) is given for the cure of hydrocele

9 The powder of the small unripe dried chebulic myrobalan is given with cow's urine or castor oil in the morning

10. The powder of *triphala* is given with milk in the morning

11 The paste of the roots of *Calotropis gigantea* (*akda*) made with *confes* is applied over the affected organ, this paste is efficacious even in old cases of hydrocele

12 The paste made of *Clerodendrum serratum* (*bharangi*) with barley water applied over the diseased scrotum is a sure remedy for the absorption of the liquid

B—ORCHITIS

(Inflammation of the testicles)

1 The following preparations are applied over the swollen and painful testicle for reducing the swelling and relieving the pain

- i) The paste made of the roots of *Pongamia pinnata* (*karanja*) with rice water ,
- ii) The mixture of macerated cotton seeds and ginger ,
- iii) The hot leaves of *Solanum nigrum* (*kakamachi*), the swollen organ is fomented with the hot leaves before they are bandaged over the part ,
- iv) The poultice of the fresh leaves of the Indian Hemp (*vijaya*) or of *Sesbania sesban* (*jayanti*) ,
- v) The poultice of the leaves of *Vitex negundo* (*indran*) or the fresh leaves made hot in an earthen vessel ,
- vi) Fomentation with hot dhatoora leaves ,
- vii) The ointment made of one part of liquid storax (*silaras*) and four parts of some bland oil, after applying the ointment the part is covered with tobacco leaves ,

- viii) The paste made of the root bark of *Calotropis gigantea* (akda) with congee;
- ix) The poultice made of *Clerodendrum serratum* (bharangi) with barley water;
- x) The paste made of the root stock of the Sweet Flag (*vacha*) with mustard powder;
- xi) Warm oil-coated betel leaves (*pan*);
- xii) The poultice of cumin seeds (*jira*);
- xiii) The ointment made of 1 oz of the powder of the leaves of *Centella asiatica* (*brahmi*) with some bland oil; at the same time 3 to 5 grains of the powder of the shade dried leaves are given orally three times a day,
- xiv) The warm poultice of wheat flour made with lamb's milk;
- xv) The finely macerated inner bark of the Alexandrian Laurel (*punnaga*); the pulp is applied warm and kept covered with a bandage for a week or so

2. The following preparations are given orally :

- i) The powder of the root of *Tephrosia purpurea* (*sharpunkha*) mixed with water; this treatment is to be continued for a month;
- ii) The powder of *Berberis asiatica* (*daruharidra*) in 30 to 40 grain doses with cow's urine;
- iii) The juice of *Gynandropsis gynandra* (*suryavarta*) mixed with gram soup,
- iv) The milk in which the roots of *Sida cordifolia* (*bala*) have been boiled till all the water has evaporated, this milk is taken with castor oil;
- v) The *swaras* of *Centella asiatica* (*brahmi*) or the juice of the dry plant extracted with the addition of water in 1 to 5 drop doses; the juice is at the same time applied externally,
- vi) The decoction of *triphala* mixed with cow's urine,
- vii) The mixture of rock salt and chebulic myrobalan (*harada*); the myrobalan is pickled for a week in cow's urine and then fried in castor oil before it is powdered and mixed with salt, the powdered mixture is to be stored in a well stoppered bottle; this

mixture is taken regularly morning and evening for a long time

viii) The juice of fresh ginger mixed with honey

SCURVY

(A disease due to an error in diet)

1. The ash of mature leaves of the Banyan Tree (vata) mixed with sesame oil is applied over the diseased parts of the skin due to scurvy

2. The oil expressed from the seeds of *Tephrosia purpurea* (sharpunkha) is a useful local application

3. The paste made of the bark of the white variety of *Terminalia tomentosa* (asana) is locally applied for three days.

4 \ The decoction of the leaves of the Guava Tree (amrud) is used locally

5. In scurvy tamarind is a very efficacious drug, 1 oz of the pulp of the ripe fruit is well macerated in a pint of cold water, the strained liquid is taken with the addition of 1 drachm each of powdered cloves, cinnamon and cardamoms

6. The *swaras* of the leaves and the twigs of *Gmelina arborea* (kashmary) is given orally with sugar

7. Unripe mango fruit is antiscorbutic, dried slices of the unripe fruit are an excellent remedy in scurvy

8. Lemon juice (kaghzi nimbu) not only cures scurvy but it is also taken as a preventive

✓ SEMINAL WEAKNESS

✓ See 'Sexual Debility—B'

SEXUAL DEBILITY

A—GENERAL

1. The preparation made by cooking together wheat, the seeds of the Cowhage (k nwach) and milk till the mixture has a thickish consistency is very efficacious in sexual debility

2. The gum from the trunk of the Babul Tree fried with ghee is taken as a nutritive tonic for restoring sexual vitality



3. The seeds of *Abrus precatorius* (gunja) are very in sexual debility; they are first boiled in milk to remove seedcoats; the powder of these skinned seeds is given twice a day with milk.

4. The following preparation is useful in sexual debility; the lightly macerated mixture of equal parts of dried dates (without their seeds), blanched almonds, pistachios, the kernels of the Cuddapah Almond (charoli) and sugar is pickled in thin *ghee* for a week; one ounce of this mixture is to be given every morning.

5. For restoring virility the juice of the bark of the Bael Tree (bilwa) is given with milk and cumin seeds (jira).

6. In loss of sexual virility, even if it be due to old age, a drink of the milk which has been boiled with *Pedaliu murex* (gokshuraka) is very efficacious.

7. The powder of the dry tuberous roots of *Ipomoea paniculata* (vidarikand) is well mixed with the juice of the fresh roots of the creeper; the mixture is dried in shade; this process of alternately mixing the powder with the juice and drying the mixture in shade is repeated about a couple of dozen times; this preparation is taken with honey and *ghee* for the restoration of sexual virility.

8. The powder of dry emblic myrobalan (amla) is well mixed with the juice of the fruit; the mixture is dried in shade; this process of alternately mixing the powder with the juice and drying the mixture in shade is repeated about a couple of dozen times; this preparation is given in 45 grain doses with sugar and honey twice a day followed by a drink of milk; it is very efficacious in sexual debility, even if it be due to old age.

9. The juice of white onions and of fresh ginger taken regularly for about three weeks with honey restores lost virility.

10. In sexual debility the pills made of 15 grains of the powder of the bark of the Prickly Poppy (bharband) with the milky juice of the Banyan Tree (vata) are very efficacious; one pill of the size of a gram seed is given daily for a fortnight with the usual betel leaf preparation consisting of betel leaves, catechu, quicklime paste, betel nuts and spices like, cloves, cardamoms, etc.

11 The confection made of 10 parts of the dried tubers of the Salep Orchid (*salab misri*) 8 parts of the roots of *Asparagus racemosus* (*shatavari*) and 6 parts of the corm of the Elephant's Foot (*surana*) is given in sexual debility

12 The following confection taken regularly increases virility and restores seminal vigour 1 oz of the powder of the root stock of *Curculigo orchoides* (*mushali*) is boiled with 6 oz of milk till the quantity is reduced to half to the boiling mixture are added 1 oz of *ghee*, 1 oz of sugar and small quantities of powdered nutmeg (*jaiphal*) saffron cardamoms, almonds and the kernels of the Cuddapah Almond (*charoli*) to make a confection, half of this confection is given in the morning and the other half in the evening A fresh confection should be made every day

13 Onum seeds (*yavan*) soaked in the juice of white onions are given with 180 grains of *ghee* and 1 oz of sugar for about three weeks in sexual debility

14 The very fine powder of the roots of *Cassia tora* (*chakund*) in doses of 60 to 180 grains mixed with an ounce of *ghee* and about half an ounce of sugar is very useful for restoring sexual virility, the mixture is given daily early in the morning

15 The milk in which the figs, roots, bark and tender sprouts of the Banyan Tree (*vata*) have been boiled is given with honey and sugar in loss of virility

16 Ripe plantains taken with 90 grains of *ghee* twice a day restores sexual virility

17 *Rala* is an efficacious drug for counteracting sexual debility

- i) 20 grains of the resin are given early in the morning with a pint of boiled milk
- ii) The resin fried with *ghee* is given with water

18 The fruit of *Pedalium murex* (*gokshuraka*) is given in the form of a *phani* by infusing 1 oz of the fruit in a pint of boiling water, this dose is given daily It not only cures impotence but also checks nocturnal seminal emissions

19 The preparation known as *phindarasa* is very nutritive and invigorating in sexual debility the flour of kidney beans (*udad*) wheat flour and bamboo manna (*tabashir*) are

cooked together with *ghee*, this cooked mixture is boiled with milk and sugar till the whole mass has a semi solid consistency, at this stage of the preparation the hot juice of a fowl, sugar and aromatics are added to the mixture, the cooking is continued till the mixture has a solid consistency

20 Cooked rice eaten with a large quantity of *ghee* and the soup of kidney beans (*udad*) invigorates the body and increases sexual virility

21 The following standard preparations are very efficacious in loss of virility

i) *weladi churna*,

ii) *gudunchi satva*, this extract is given in doses of 180 grains with milk sugar and cardamoms

B—SEMINAL WEAKNESS

1 The seeds of the Water Cress (*ahaliv*) are an efficacious drug in seminal debility

i) To the thin gruel made by boiling the seeds with milk is added enough sugar or *gur* to make a confection

ii) The seeds are used in the form of a decoction or infusion

2 The boiling milk in which have been infused for a few minutes the fresh leaves and the tender shoots of *Pedalium murex* (*gokshuraka*) is an efficacious drink for restoring seminal vigour

3 A drink of the milk to which has been added 1 oz of the juice of the bark of the Bael Tree (*bilwa*) and a small quantity of powdered cumin seeds (*jira*) is useful in seminal debility

ii) The juice of half a pound of the leaves extracted with water is given with 90 grains of cumin seeds and 180 grains of sugar for a week

4 A drink of the milk which has been boiled with 180 grains of the powder of the roots of *Asparagus racemosus* (*shatavari*) and sugar vitalizes the semen, the drink is to be taken every evening

5 The decoction of the roots of *Withania somnifera*

(ashwaghandha) 3 parts the tuberous roots of *Ipomoea paniculata* (vidarikand) 2 parts long pepper (ppl) 4 parts and honey 5 parts is given in doses of half to 1 oz in seminal weakness

6 The powder of the seeds of *Asteracantha longifolia* (talimkhana) is given with sugar followed by a drink of milk fresh from the udder in seminal debility

7 The infusion of the bark of the Banyan Tree (vata) is an efficacious remedy in seminal debility

8 *Guduncha salva* is given in doses of 60 to 180 grains mixed with milk, sugar and cardamoms to invigorate the semen

✓ 9 The juice of onions given with honey counteracts seminal weakness

10 In seminal debility the following confection is very efficacious about three fourths of an ounce of the powder of the dry root stock of *Curculigo orchoides* (mushali) is boiled with 6 oz of milk till the quantity is reduced to half to the boiling mixture are added 1 oz each of sugar and ghee to make a confection when the confection is still hot the powdered mixture of nutmeg (japhala) saffron, cardamoms almonds and the kernels of the Cuddapah Almond (charoli) is added to it one half of this confection is given in the morning and the other half in the evening this treatment is to be continued for about a fortnight A fresh confection is to be made every day

11 The mixture of cardamoms mace (javitr) almonds, butter and sugar taken in the morning is an efficacious drug in seminal debility

12 ✓ The Isapgul is an efficacious drug in seminal debility

- i) 60 grains of the seed coats or husks are given with sugar followed by a drink of milk ✓
- ii) The infusion of 2 parts of the seeds 1 part of cardamoms and 3 parts of sugar made overnight is given in the morning the powdered mixture of the e three ingredients is equally efficacious

✓ 13 As a tonic and for restoring seminal vigour 20 to 25 tender fruits of the Ladies Finger (bhindi) are given in the morning

14 The mixture of roasted husked gram and sugar taken for a month in doses of about 180 grains at night before going to bed restores seminal vigour, no water should be given after taking this mixture

15 Sapota fruits taken with sugar are efficacious in seminal debility

16 The powder of the tuberous roots of *Ipomoea paniculata* (vidarikand) well mixed with the juice of the root given with *ghee* and honey is a very efficacious drug for restoring seminal vigour

17. *Mocharas* is an efficacious restorative of seminal vigour it is given in doses of 90 grains with 2 oz of sugar and a glassful of milk

18 In seminal debility the leaves of *Actinodaphne hookeri* (pissa) are very efficacious either the powder of the dry leaves is taken with milk and sugar or the fresh leaves are eaten

19 The infusion of the bark of the Banyan Tree (*vata*) is given in seminal weakness the infusion is made by soaking one part of the bark in 16 parts of the water

20 The juice of the whole plant of *Sida cordifolia* (*bala*) extracted with a little water is given in 4 oz doses twice a day for a week it not only cures seminal debility but also checks involuntary discharge of semen

C—SPERMATORRHOEA

(Involuntary discharge of seminal fluid without sexual excitement) - ✓

1 The mixture of 3 oz of sugar and 100 grains of dehydrated borax is given for a week

2. To check spermatorrhoea the roots of *Abrus precatorius* (*gunja*) cooked in milk are given for a week

3. Saffron well macerated with old *ghee* given for three days cures spermatorrhoea

4 The mixture of powdered cardamoms and fried *asafoetida* is given in doses of 6 grains with *ghee* and milk

5 The mucilage of the seeds of the Sweet Basil (*babul* *salsi*) is given in doses of 10 to 30 grains

6 *Pedaliium murex* (gokshuraka) is an efficacious drug for the cure of spermatorrhoea the *phani* of the plant, especially of the dry fruits and seeds, is given 1 oz of the plant or the fruit is infused in a pint of boiling water this infusion is to be given every day

7 The seeds of *Asteratantha longifolia* (talimkban) are given in doses of 45 to 90 grains with sugar and milk.

8 The fruit of *Trichosanthes dioica* (kadve padval) is eaten as a cure for spermatorrhoea the steamed fruit is stuffed with spices and then fried in *ghee* it is taken with wheat bread

9 The *swaras* of the leaves of the Henna Plant (mendi) is given in doses of 2 to 4 drachms with sugar and milk

10 The *swaras* of half a pound of the leaves of the Bael Tree (bilwa) is taken with 90 grains of cumin seeds and 180 grains of sugar for a week

11 The flour of kidney beans (udad) about 1½ oz, cooked with milk is given hot with the addition of *ghee* for a week for the cure of spermatorrhoea

12 The decoction of ginger is given with turmeric and *gur* in spermatorrhoea

13 The *swaras* of the tender shoots of *Bauhinia tomentosa* (ashmantaka) is given with milk and sugar for the cure of spermatorrhoea.

14 The tuberous root of the male plant of *Momordica dioica* (vabisa) is given in doses of 180 grains with honey

15 The juice of the whole plant of *Sida cordifolia* (bala) extracted with the addition of a little water is given in 4 oz doses twice a day for a week

SINUSES AND FISTULAS

1 The roots of the Teri Pods (vankeri mil) are very efficacious for healing sinuses and fistulas

- i) The paste of the roots is applied over the wounds.
- ii) 20 to 45 grains of the roots macerated with water or milk are taken orally with the addition of 2 c of milk

2 The medicated oil or *teila ghrita* prepared by boiling sesame oil with an equal quantity of the roots and *swaras* of the leaves of *Vitex negundo* (indran) is applied locally over the sinus and at the same time is given orally

3 The very fine powder of the dry bark of the Pipal Tree is dusted over the wounds

4 The paste of the seeds of the Flame of the Forest (pal asa) mixed with lime juice is an efficacious local application for healing the wounds

5 The fine powder of the bulb of the Potato Yam (bara hikand) used as a dust heals the wounds

6 The sticks or tents made of the finely powdered wood of *Berberis asiatica* (darubaridra) with the milky juices of *Calotropis gigantea* (akda) and of *Euphorbia nerifolia* (thohar) are very efficacious in healing the wounds of sinuses and fistulas the tents are placed in the wounds

7 The milky juice of *Euphorbia nerifolia* (thohar) mixed with rock salt is very useful for healing the wounds if the sinus has not opened an opening should be made

8 The yellow viscid juice of the capsule of *Thespesia populnea* (paris) is an efficacious local application for healing the wounds

9 The decoction of neem leaves is very useful for washing the wounds caused by sinuses and fistulas the decoction not only cleanses the wounds but also heals them the juice of the roots is similarly used

10 The *swaras* of the leaves of *Mimosa pudica* (lajja) is used as a local dressing over the wound cotton wool impregnated with the juice is placed in the wounds, at the same time 2 drachms of the powder of the leaves is taken with milk

11 The juice of the roots of *Pongamia pinnata* (karanja) is an efficacious cleaning and healing agent of wounds caused by sinuses and fistulas

12 The paste made of the dried flowers of *Woodfordia fruticosa* (dhataki) with sesame oil is an efficacious local application

SKIN DISEASES

A—GENERAL

1 The following medicated oils or *teila ghrita* are very useful local applications for skin diseases.

- i) Sesame oil boiled with the bruised leaves of *Vitex negundo* (indrani)
- ii) Sesame oil boiled with the juice of *Eclipta alba* (bhanga) and the seeds of *Abrus precatorius* (gunja),
- iii) Sesame oil boiled with the macerated bark of the Pipal Tree
- iv) Sesame oil boiled with one fourth its quantity of the *swaras* of the Dhub Grass (hariali)
- v) Mustard oil boiled with garlic
- vi) Mustard oil boiled with the juice of the leaves of *Calotropis gigantea* (akda) and turmeric

2 The following preparations are useful local applications in skin diseases

- i) The bruised tender leaves of the Jack Fruit Tree (panas) or of Albizzia lebbek (sirish) or of *Heliotropium indicum* (hastisunda)
- ii) The ash of the Sesame Plant (til) mixed with sesame oil
- iii) The dry leaves of the Sweet Basil (babuntulsi) macerated with some bland oil
- iv) The roots of *Cassia occidentalis* (kasundi) or the leaves of *Cassia fistula* (amaltas) or the fresh leaves of *Cassia tora* (chakund) macerated with *conjee*

3 The gum that exudes from wounds made in the stem of a mango tree or the resinous substance that exudes from the stalk-end of a mature but unripe mango fruit mixed with some bland oil or lemon juice is a very efficacious application over parasitic skin diseases

4 The oil expressed from the seeds of dhatoora or of *Thespesia populnea* (paris) or of *Pongamia pinnata* (karanja) is a very useful application over skin diseases

5 In old and chronic skin diseases the application of the

milky juice that exudes from the branches and the leaves of *Strebulus asper* (rasa) brings quick relief and cures the disease

6 The paste made of equal parts of the seeds of *Cassia tora* (chakund), the seeds of *Sesbania sesban* (jayanti), camphor and sandalwood with buttermilk is applied over the whole body before taking a bath, this application is very efficacious in skin diseases, it also makes the skin very smooth

7 In chronic and obstinate skin diseases *Centella asiatica* (brahmi) is a very efficacious drug, it is used both orally and locally For local applications the ointment made of one drachm of the powder of the leaves and 1 oz of some bland oil is very useful, instead of using the leaves in the form of an ointment the powder of the leaves can be used as a dust the poultice of the fresh leaves is equally efficacious an infusion of the fresh herb is a useful bath for patients suffering from skin diseases

- ii) For internal use either the powder of the fresh leaves dried in shade, or the *swaras* of the fresh plant or the syrup of the plant is given The powder is given in doses of 3 to 5 grains three times a day The *swaras* of the fresh plant is given in doses of 1 to 5 drops, to begin with, the dose is gradually increased to 15 drops

The syrup is prepared by boiling 90 grams of the powder of the shade dried fresh leaves in a quart of water till the quantity is reduced to one pint, to the strained decoction 2 lb of sugar are added, the syrup of this mixture is made by boiling it on a slow fire, the syrup is given at first in doses of one drachm, the dose is gradually increased

8 The compound powder of *Albizia lebbek* (sirisha), the Khush khush Grass (khush), *Meua ferrea* (naghesar) and the Lodh Tree (lodhar) is used as a dust for the cure of skin diseases

9 In skin diseases of children the warm decoction of the root stock of the Sweet Flag (vacha), ginger and *Embelia ribes* (vidanga) is highly efficacious, the child is made to sit in a bath tub filled with this decoction

10 The mixture of the syrup of liquorice root (jethimadh), white catechu and slightly warm *ghree* or butter is applied over skin diseases of children

11 The compound mixture of fennel (*madhurika*) 5 parts, sugar 6 parts tamarind bark 4 parts and cloves 2 parts is given in doses of 10 to 20 grains in chronic skin diseases

12 In skin diseases of children the *phant* made of half an ounce of the flowers of the Safflower (*kusumbha*) in one pint of boiling water is given orally, this *phant* is efficacious even in measles

13 One and a half ounce of turmeric taken with cow's urine regularly for about a month is very efficacious for the cure of skin diseases, even if they are of a severe type

B—ABSCESSSES, BOILS, CYSTS, BUBOES, TUMOURS, ULCERS, ETC

1 To promote suppuration of boils, abscesses, tumours, etc., to bring them to a head and to break them poultices or pastes of the following drugs are applied

- i) The leaves of *Sida cordifolia* (*bala*) and of allied species,
- ii) The leaves or the bark of the Neem Tree,
- iii) The leaves of the Jujub Tree (*ber*),
- iv) The boiled cotton seeds,
- v) The leaves or the flowers of *Albizia lebbek* (*sirish*),
- vi) The hot leaves of *Kalanchoe pinnata* (*zakhm-e hayat*),
- vii) The bark of the Baob Tree (*gorak aml*),
- viii) The leaves and the flowers of *Sesbania sesban* (*jayanti*) and of other allied species,
- ix) The leaves of the Indian Coral Tree (*mandar*),
- x) The stem of the Prickly Pear (*nagphani*) the poultice is made after removing the prickles,
- xi) Dhatoora leaves, *gur* and onions,
- xii) Roasted onions turmeric and *ghee* the poultice is to be applied as warm as can be comfortably borne,
- xiii) The boiled or roasted leaves of *Vitex negundo* (*indrani*),
- xiv) Sesame seeds (*til*) that have been soaked in water for some time and sour curds,
- xv) The macerated bark of *Pongamia pinnata* (*karanja*)
- xvi) The leaves of the Jambul Tree (*jambu*),

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- xvii) The flesh of the boiled tender leaves of Aloe barbe-
densis (kumari), the poultice is applied hot.
- xviii) Castor seeds,
- xix) The ash of the corm of the Elephant's Foot (surana),
- xx) The boiled seeds of tamarind, or the seeds without
their seed coats,
- xxi) The boiled seeds of the Cluster Bean (gaurani),
- xxii) The ripe custard apple (sharifa) with salt,
- xxiii) Wheat flour, the poultice is applied several times
a day,
- xxiv) Coriander seeds (dhanya)

2 The mixture of the milky juice of the Jack Fruit Tree (panas) and vinegar applied to boils, abscesses, etc quickly brings them to a head

3 For maturing and opening boils, buboes, tumours, etc and for healing the wounds the leaves of *Argyrea speciosa* (samudrashosh) are very useful and efficacious, the upper or the smooth green surface of the leaves is applied over boils, buboes, etc to bring them to a head, the leaves are made hot before applying them, when the boi's, buboes etc have matured and burst open the lower or the silky hairy side of the leaves is applied next to the skin to draw out the pus when all the pus has been removed and the swelling is reduced the upper or the smooth green side of the leaves is applied on the wounds to accelerate the healing

4 For boils in the armpit or in the groins the following preparations are used

- i) The paste of the roots of *Luffa acutangula* (torai) mixed with ghee or castor oil it is applied two or three times a day,
- ii) The paste of garlic and black pepper,
- iii) The paste of the seeds of the Cowhage (kinvach) -the paste is applied two or three times a day,
- iv) A few drops of the oil expressed from the fruit of the Marking Nut Tree (bhilavan)

5 The ointment made of *rala* is one of the best ointments for bringing abscesses, boils, tumours, etc to a head and for breaking them, 1 oz of the resin is boiled with 2 oz of sesame oil, over a slow fire, till a homogenous mixture is formed, half

an ounce of the ash of the bark of the Pipal Tree is added to this mixture, this ointment is spread on a piece of cloth and applied on the swollen part, one application is quite enough to break the abscess buboe, etc and to heal the wound, the plaster will drop off by itself when the wound has completely healed

6 The ash of turmeric made into a thick paste with water is applied over cysts tumours, etc about half a dozen times a day, they become soft and ultimately break, the pus is then pressed out of them the paste is to be applied till all the putrid matter has been removed and healthy tissues are being formed.

7 Hard cysts, tumours etc which do not get reduced become soft if the fresh leaves of the Tanner's Cassia (tarwar) are bandaged over them or a poultice of the seeds is applied over them

8 To heal suppurating tumours boils abscesses etc the poultice of the leaves of the Nux vomica Tree (kuchla) is applied over them, this poultice is of particular use when the wounds are infested with maggots

9 The mixture of the milky juice of *Calotropis gigantea* (akda) catechu and *ravandhi no shiro*—the gum resin from the trunk of *Rheum emodi* (ravandhini) — applied twice a day softens and matures hard tumours, cysts, buboes, etc in three days

10 For resolving cysts, buboes etc however hard they be, the boiled leaves of *Euphorbia nerifolia* (thobar) are applied over them

11 The infusion of the Bitter Luffa (kadvi torai) made in cold water is an excellent wash for carbuncles suppurating buboes, etc

12 When an abscess is due to the presence of a foreign body, e.g. a splinter thorn etc in the flesh or underneath the skin a poultice of the tubers of *Gloriosa superba* (kalihari) is very efficacious, it quickly draws out the foreign body

13 The leaves of the Tanner's Cassia (tarwar) bandaged over hard buboes cysts etc are very efficacious in relieving pain and in resolving them

14 When carbuncles buboes, tumours, etc do not heal

and continue to suppurate the application of the standard preparation *udumbar patrasar* is very efficacious.

15 The medicated oil or *tesla ghrita* prepared by boiling 4 parts of sesame oil with 1 part of *Tinospora cordifolia* (*gudunchi*) is very useful in eruptive skin diseases caused by impure blood

16 The paste made of deodar and the bark of the Horse Radish Tree (*shigru*) by boiling them with *conjee* is applied over buboes, tumours, etc

17. The milky juice from the stem of the Pagoda Tree (*shwetchampaka*) is applied over buboes, tumours, etc

18 The paste of red sandalwood (*rakta chandan*) is applied on boils of children

19. For bringing a whitlow to a head the following remedies are recommended

- i) The poultice of the leaves of *Cinnam asiaticum* (*uagdamni*) made with castor oil is applied on the painful part, instead of the poultice the fresh leaves coated with castor oil and made slightly hot may be applied
- ii) The warm pulp of the macerated stem of *Euphorbia antiquorum* (*tridhara*) is applied as a poultice
- iii) Neem leaves made into a pulp with salt and *ghee* are applied hot over a whitlow
- iv) The powder of the roots of *Amaranthus polygamus* (*chaulai*) or the pulp of the fresh plant is applied on the pustulating nail
- v) The poultice made of the *panchang* of *Elephantopus scaber* (*gobhi*) made with water and honey is applied on a whitlow

20 The following decoctions are used for washing and cleaning pustulating ulcers, abscesses, boils, cysts, tumours, etc which have broken, these decoctions, stimulate healing and are useful even when the wounds do not readily heal

- i) The decoction of catechu,
- ii) The decoction of the bark of the Flame of the Forest (*palasa*),
- iii) The decoction of the leaves of the Tamarind Tree (*imli*),

- iv) The decoction of the bark of the Babul Tree ,
- v) The decoction of the bark of *Terminalia catappa* (jangli badam) or of *T. tomentosa* (asana),
- vi) The decoction of the leaves of the Rangoon Creeper (rangan ki bel),
- vii) The decoction of the flowers of *Woodfordia fruticosa* (dhataki),
- viii) The decoction of the bark of *Morinda citrifolia* (al),
- ix) The decoction of the leaves or the root bark of *Thespesia populnea* (paris),
- x) The decoction of the roots of *Sida cordifolia* (bala)

21 The paste or poultice made of any of the following drugs is applied for cleaning and healing ulcers, abscesses, boils, tumours, cysts etc that have broken

- i) The leaves of the Babul Tree ;
- ii) The leaves of *Abutilon indicum* (kanghi), this poultice is useful even when the ulcers are maggot infested ,
- iii) Coriander seeds (dhanya), this poultice is of particular use for healing chronic ulcers ,
- iv) The leaves of the Wood Apple Tree (kawitha),
- v) The leaves of *Kalanchoe pinnata* (zakhm-e hayat),
- vi) The ash of the leaves of the Cocklebur (aristha), mixed with sesame oil ,
- vii) Tamarind seeds without their seed coats ,
- viii) The fresh leaves of *Eupatorium triplinerve* (ayapana) macerated with water ,
- ix) The leaves of *Vitex negundo* (indrani),
- x) Catechu mixed with *ghes*, in obstinate cases 15 grains of powdered copper sulphate may be added to 1 oz of the paste ,
- xi) Sesame seeds (til) that have been pickled in a mixture of water and sour curds or the seeds boiled in milk ,
- xii) The seeds of the Flame of the Forest (palasa) macerated with lemon juice ,
- xiii) The powdered bark of *Berberis asiatica* (daruhari dra),
- xiv) The leaves of the Jambul Tree (jambul)

22 The following medicated oils or *teila ghrita* are locally applied over ulcers, boils abscesses etc that have broken the oil or the *ghrita* is prepared by boiling sesame oil with the bruised leaves of *Achyranthes aspera* (apamarga) or of *Vitex negundo* (indrani) or of the Henna Plant (mendhi) or of *Boerhaavia diffusa* (punarnava)

23 The powder of any of the following drugs is used as a dust for ulcers, abscesses, buboes, boils, etc that have burst open

- i) The dry leaves of *Acalypha indica* (harita manjari)
- ii) The tubercles of the Nut Grass (nagarmusta)
- iii) The bark of the Babul Tree or of the Pipal Tree or of the Jambul Tree (jambu)
- iv) The flowers of *Woodfordia fruticosa* (dhataki)
- v) *Omum* seeds (yavani), this dust is particularly useful for deodorising foetid ulcers, boils abscesses, etc

24 The mucilage formed by the seeds of the Sweet Basil (babunt nisi) when infused in water is a very efficacious application for healing oozing and maggot infested ulcers boils, abscesses etc

25 The tender leaves of the Pipal Tree applied over ulcers, boils abscesses etc as a dressing give quick relief

26 The standard preparation *udumbar patrasar*, is given orally for the cure of ulcers, boils, and similar other skin diseases

C—ECZEMA

1 The juice of the tender leaves of *Terminalia catappa* (jaghi badam) made into an ointment is applied over the eczema affected parts

2 The very fine powder of the ash of neem bark is dusted over the eczematous parts

3 The emulsion made of the oil from the seeds of *Pongamia pinnata* (karanja) with lemon juice is a very useful local application

4 The paste made of the ash of the leaves of the Flame of the Forest (palaśa) with sesame oil is an efficacious application

5 The paste made of roasted fresh dhatoora capsules and a little copper sulphate is a useful application in eczema

6 The paste made of Cassia tora (chakund) with sour milk or the paste of the roots is applied

7 The poultice of the leaves of Cassia fistula (amaltas) made with *confes* is very useful

8 The poultice of the tender leaves of Adhatoda vasica (vasa) made with cow s urine is applied

9 The ointment made of the powder of the roasted seeds of the Prickly Poppy (bharband) or of the ash of the whole plant including the roots, with some bland oil is very useful

10 The yellow juice that exudes from cuts made on the fresh fruit of Thespesia populnea (paris) gently rubbed on the eczematous parts twice a day is very efficacious

11 The ointment made of the ash of the seeds of dry dates and camphor with *ghee* is useful.

12 The ointment prepared by boiling together 8 parts of sesame oil 16 parts of the milky juice of Calotropis gigantea (akda) and 1 part turmeric is an efficacious application not only in eczema but also in other eruptive skin diseases

13 The ointment made by boiling the paste of the *pan ching* of Barleria prionitis (katshareya) with some bland oil is very efficacious

14 The mucilage obtained by infusing the seeds of the Sweet Basil (babuntulsi) in water is a very useful local application

15 For the cure of dry eczema 1 oz of the tender leaves of Tephrosia purpurea (sharpunha) macerated with water is taken orally

n) The decoction of the leaves is given if the eczema is due to poor blood

16 The fruit of the Musk Melon (kharbuza) is a very efficacious remedy in chronic eczema and also in acute eczema one whole fruit is eaten daily

D—ERYSIPELAS

(Inflammatory contagious skin disease of a spreading nature)

1 The pastes or poultices or juices of the following drugs are applied locally over the affected parts

- i) The bruised leaves of *Portulaca oleracea* (kulfa);
- ii) The flowers of *Woodfordia fruticosa* (dhataki) macerated with milk;
- iii) Dry radish (mul); the paste is applied warm;
- iv) The bark of *Pongamia pinnata* (karanja);
- v) The *swaras* of the leaves of *Cassia fistula* (amaltas);
- vi) The bulbous roots of *Asparagus recemosus* (sbata-var), they are macerated with *ghee*;
- vii) The well matured corm of the Elephant's Foot (surana); the pulp made with water is repeatedly applied;
- viii) The finely powdered roots of the Khus-khus Grass (khus); the roots are macerated with water or rose water;
- ix) Liquorice root (madhuka) and barley flour; the poultice is made with *ghee* and oil;
- x) The leaves of *Tinospora cordifolia* (gudunchi); they are macerated with milk;
- xi) The fruit of *Randia dumetorum* (madana); the fruit is macerated with neem juice;
- xii) The tuberous roots of the Four-o'-Clock Flower (gulabbasi);
- xiii) The *swaras* of the fresh leaves of the Teak Tree (sagvan); the *swaras* is boiled till it becomes thickish;
- xiv) The powder of chebulic myrobalan (harada) mixed with oil, *ghee* and honey;
- xv) Barley flour mixed with honey and *ghee*;
- xvi) Sandalwood; an emulsion is made of the paste;
- xvii) The bark of the Belerice Myrobalan (bahira); the affected parts are first fomented with the pulp of the bark and then they are covered with the pulp.

2. Warm sugarcane juice¹ is very efficacious for bathing the affected parts.

3. The leaves of Four-o'-Clock Flower (gulabbasi) coated with *ghee* are applied hot on the affected parts.

4. The mixture of sandalwood oil and borax is a very effective local application.

5. To remove the discolouration of the skin due to *cryspelas* the mixture of the *swaras* of the leaves of *Solanum*

nigrum (kakamachi) and powdered ginger is a very efficacious local application

6 The oil expressed from the seeds of the Neem Tree is a useful local application

7 The powder of turpeth root (nishottar) is given orally mixed with *ghee*, milk or grape juice

8 The decoction of the tubercles of Nut Grass (nagar mnsta), the inner bark of the Neem Tree and Trichosanthes dioica (kadve padval) is given orally in 1 to 3 oz doses for the cure of erysipelas.

9 The powder of chebulic myrobalam (harada) is an efficacious drug taken with *ghee*, sesame oil and honey

10 In fever due to erysipelas the juice of emblic myrobalan (amla) is given with *ghee*, the powder of turpeth root (nishottar) is added to the mixture if the patient is constipated.

E—THE ITCH OR SCABIES

1 The poultice or the paste of one of the following drugs is a useful local application

- i) The pulp of the leaves of Acalypha indica (harita manjari) mixed with salt,
- ii) The leaves or the seeds of Pongamia pinnata (karanja)
- iii) The tender leaves of Adhatoda vasica (vasa), powdered turmeric and cow's urine,
- iv) The gum exuding from the wounded bark of the Mango Tree or the gum exuding from the unripe fruit mixed with some bland oil
- v) Finely powdered turmeric onion juice and a little water,
- vi) Babul leaves, camphor and the roots of the Khus Khus Grass (khus), 1 oz of tender babul leaves and 45 grains of camphor are macerated together with a little water half an ounce of the roots of the Khus Khus Grass are then well mixed with this paste,
- vii) The ash of the whole plant including the roots of the Prickly Poppy (bharband) mixed with sesame oil
- viii) The leaves fresh or dry, of Clerodendrum inermis (sangpuri), the leaves are first macerated with a

little water, the paste is mixed with sesame oil; this paste is to be washed away a few hours after it has been applied, the paste should be used twice a day, if a very large area is affected it may be washed with the decoction of the leaves

2. The following oils are very useful as local applications
 - i) The oil expressed from the seeds of the Alexandrian Laurel (*punnaga*),
 - ii) The oil expressed from the seeds of *Pongamia pinnata* (*karanja*); this oil is made into an emulsion by briskly shaking it with lemon juice,
 - iii) The oil expressed from the seeds of the Safflower (*kusumbha*),
 - iv) The oil expressed from the seeds of *Jatropha curcas* (*jaghrandi*),
 - v) Sandalwood oil, one part of the oil is briskly mixed with three parts of lemon juice
- 3 The following ointments are useful local applications
 - i) Sesame oil boiled with the juice of the Oleander (*kanera*)
 - ii) Sesame oil boiled with the *panchang* of *Barleria prionitis* (*katshareya*),
 - iii) Mustard oil or coconut oil boiled with garlic
 - iv) *Ghee* mixed with the juice of *Euphorbia nerifolia* (*thohar*)
 - v) Sesame oil or any other bland oil mixed with the juice of the Fish Berry (*kakmari*)
 - vi) Sesame oil or any other bland oil mixed with the powder of the burnt seeds of emblic myrobalan (*amla*),
 - vii) The root of *Plumbago zeylanica* (*chitraka*) is made into a big bolus with butter; this bolus is placed in a vessel kept in a warm place and inclined at an angle in such a way that the butter from the bolus melts and flows down away from the bolus, this melted butter is an efficacious ointment.
- 4 The *swaras* of the roots of the Dhub Grass (*bariali*) is a useful local application

5 The yellow juice of the capsule of *Thespesia populnea* (paris) is applied over the itch

ii) The decoction of the bark is used for washing this skin disease.

6 Curds mixed with the ash of the leaves or the seeds of the Pigeon Pea (arhar) are a very useful application.

7 The decoction of the dry bark of the Babul Tree is used for bathing the diseased parts

F—LEUCODERMA

1. The seeds of *Vernonia cinerea* (sahadevi) are a reputed remedy in leucoderma the seeds of *Centratherum anthelminticum* (somraj) are equally efficacious before any of the following treatments with the seeds of either of these plants is administered to the patient he is made to perspire profusely, either by exposure to sun or by exercise

i) 1 to 2 drachms of the seeds are given with honey

ii) The mixture of equal parts of the powder of the seeds and of black pepper is given in doses of 1 drachm with tepid water every morning

iii) The decoction of the powder of the seeds, emblic myrobalan (amla) and catechu is given

Whichever of these treatments is given it has to be continued for a year

2 The mixture of equal parts of chebulic myrobalan (harada), sesame seeds (til) and the seeds of the Marking Nut Tree (bhilavan) is a very efficacious remedy for the cure of leucoderma sesame seeds and marking nut seeds are first powdered together and then well mixed with the powder of chebulic myrobalan a pill mass of this mixture is made by adding *gur* twice the weight of the powdered mixture pills, each weighing 45 grains, are made out of this pill mass 1 to 4 such pills are given according to the capacity of the patient it is necessary to observe strict diet

3 The *swaras* of *Tinospora cordifolia* (gudunchi) is given in 2 to 3 drachms doses with honey after the juice has been digested cooked rice should be eaten with *ghee* and the soup of the seeds of *Phaseolus mungo* (mung)

4 The paste made of equal parts of Cassia tora (chakund), sandalwood and camphor with buttermilk is a very efficacious local application.

5 The powder of babchi seeds (bavachi) is given with the decoction of catechu and emblic myrobalan (amla)

6 The *ghee*, prepared from curds made in an earthen vessel, the inner sides of which are lined with the powder of babchi seeds (bavachi) before the milk and the starter for making the curds are put in the vessel, taken regularly with honey, is an efficacious remedy for the cure of leucoderma

7 Babchi seeds (bavachi) are a very useful drug for local application

- i) The paste of the seeds made with milk is rubbed into the leucoderma affected parts of the skin, the white skin regains its normal colour after some time, if the continuous use of this paste irritates the skin the treatment should be discontinued for some time
- ii) The paste made of 6 oz of the seeds and three fourths of an ounce of yellow arsenic with cow's urine is applied over the white patches
- iii) The paste made of equal parts of the seeds, the seeds of Cassia tora (chakund) and the wood of the Persian Lilac (bakayan) with rose water is applied on the discoloured parts of the skin.
- iv) The paste made of equal parts of the seeds, the seeds of Cassia tora (chakund) and neem berries is an efficacious application over the affected parts
- v) The oil expressed from the seeds mixed with some bland oil is locally applied, a few days after the application the discoloured patches begin to turn red, at times these patches may become painful and there may be a development of pin head like pustules, however these patches usually get dry and the normal colour is gradually restored, this treatment is particularly useful when the leucoderma patches have been newly formed, along with this treatment the seeds are also taken orally

8 The oil expressed from the seeds of Albizzia lebbek (sirisha) is a useful local application

9 The paste made of the leaves of *Eclipta alba* (bhangra) and the roots of *Plumbago zeylanica* (chitraka) is an efficacious local application it is also applied on the bare patches on the head caused by leucoderma

10 The poultice made of the roots of *Clitoria ternatea* (aparajita) made with cold water applied over the discoloured patches improves the colour of the skin in a few weeks' time

11 The juice of the roots extracted with water is applied twice a day for about a month

12 The paste made of the ash of the *Khus khus* Grass (khus) with the decoction of the grass is very efficacious when applied to the discoloured parts

13 The paste made of 4 parts of the powdered seeds of *Centrathium anthelminticum* (somraj) and 1 part of yellow arsenic with cow's urine is applied on leucoderma patches

14 The seeds of *Abrus precatorius* (gunja) and the roots of *Plumbago zeylanica* (chitraka) are made into a paste with water, this paste is a stimulant dressing applied over leucoderma patches

15 The standard preparation *navayasa churna* is given for the cure of leucoderma

G—PIMPLES

1 The paste of cumin seeds (jra) applied over pimples gives relief

2 The rind of the fruit of *Randia dumetorum* (madana) made into a paste is a useful application for pimples on the face

3 The hot poultice of the leaves of the Flame of the Forest (palasa) is locally applied to disperse pimples

4 The paste of the root or the fruit of the *Colocynthis* (in dravarani) and of the leaves of the *Nux vomica* Tree (kuchla) is applied over pimples to hasten suppuration

5 The paste of dhatoora seeds or roots is locally applied

6 The local application of the oil expressed from the seeds of the Bonduc Nut (putikaranj) removes pimples

7 The paste of nutmeg (jajphala) made with milk is an efficacious remedy for removing pimples on the face.

8 The paste of red sandalwood (rakta chandan) and turmeric made with milk is a useful local application.

9 The mixture made of one part of sandalwood oil and two parts of mustard oil is a very efficacious local application

10 The paste of sesame oil cake made with cow's urine is applied locally on pimples

11 The milky juice exuding from wounds on the unripe papaya fruit applied locally removes pimples,

H—PRICKLY HEAT

1. The paste made of equal parts of sandalwood, coriander seeds (dhanya), the tubercles of the Nut Grass (nagarmusta) and the roots of the Khus khus Grass (khus) powdered together with rose water or cold water rubbed on the body gives relief in prickly heat

2 A cold water bath taken sometime after applying the watery paste of gram flour on the body brings relief.

3 The paste made of the powder of the bark of the Pipal Tree and finely powdered brick is applied on the affected parts all over the body.

4 The warm paste of equal parts of the bark of Adenanthura pavonina (kanchandana) and sugar applied on the body gives relief, the paste is to be kept on for a few hours before it is removed, this application should be repeated a couple of times a day

5 The powder of sandalwood used as a dust all over the body is efficacious in giving relief in prickly heat

6. The juice of the herb of Portulaca oleracea or of P. quadrifida (kulfa) applied over the body gives relief from discomfort due to prickly heat

7 The paste of the seeds of the Jambul Tree (jambu) applied over the body cleanses the skin and relieves itching

8 The infusion made overnight of 180 grams each of lightly crushed pomegranate roots, cumin seeds (jira), coriander seeds (dhanya), roots of the Rose Plant and sugar is given the following morning this drink relieves itching caused by prickly heat

9 The paste made of the tender leaves of *Adhatoda vasica* (vasa), turmeric and cow's urine is applied all over the body for relief of prickly heat

1—PSORIASIS AND PITYRIASIS

(Inflammatory scaly eruptions)

1 The oil expressed from the seeds of *Pongamia pinnata* (karanja) is a very efficacious local application in psoriasis and pityriasis, the oil is also made into an emulsion with the addition of an equal quantity of lemon juice

2 *Gurjan* oil, the oleo resin obtained from the Common *Gurjan* Tree (*gurjan*)-made into an emulsion by the addition of an equal quantity of lime water is applied freely on the affected skin

i) 2 drachms of the oil are given orally three times a day, the efficacy of this oil is increased by the addition of a few drops of chaulmoogra oil

3 The paste of the seeds of *Cassia occidentalis* (kasondi), the seeds of radish (mul) and powdered sulphur is applied locally in psoriasis and pityriasis,

ii) The paste made of the roots of *C. occidentalis* and sandalwood is equally efficacious

4 The tender leaves of *Adhatoda vasica* (vasa) made into a pulp with cow's urine are applied over the diseased parts of the skin

5 The paste of the seeds of radish (mul) made with the *swaras* of the leaves of *Achyranthes aspera* (apamarga) is a useful local application

6 The seeds of *Cassia tora* (chakund) which have been pickled for some time in the milky juice of *Euphorbia nerifolia* (thohar) made into a paste with cow's urine are locally applied over the diseased parts of the skin.

7. The leaves of *Coccinia indica* (kanduri) that have been boiled in sesame oil are applied over the parts affected by psoriasis

8. The yellow viscid juice from the capsules of *Thespesia populnea* (paris) is a useful application.

9. The paste made of *Cassia tora* (chakund), *raia* and the

seeds of radish (muli) with conjee is rubbed on the affected parts of the skin.

10. The decoction of *Adhatoda vasica* (vasa) and *Triphala* is used for bathing the diseased parts of the skin, it is also given orally, instead of the decoction the paste of the two ingredients may be applied locally.

J—RINGWORM

The following preparations are applied over ringworm affected parts of the skin,

- i) The mixture of equal parts of Lemon Grass Oil—the oil expressed from the leaves of the Lemon Grass (*gandhatrina*)—and coconut oil,
- ii) The ointment made of the leaves of the Ringworm Shrub (*dadrughna*) macerated with some bland oil, the addition of a little lemon juice to the ointment increases its efficacy,
- iii) The paste of the leaves of *Cassia fistula* (*amaltas*),
- iv) Either the paste of the root bark of *Cassia occidentalis* (*kasondi*) mixed with honey or the paste of the roots made with sandalwood or the paste of the seeds mixed with buttermilk or the leaf juice,
- v) The paste of the roots of *Cassia tora* (*chakund*) mixed with lemon juice or the paste of the leaves and the seeds mixed with buttermilk;
- vi) The mixture of the juice of *Cassia sophera* (*kasunda*) and lemon juice or the paste of the roots,
- vii) The seeds of the Indian Senna (*senna*) macerated with the pulp of the pods of *Cassia fistula* (*amaltas*) and mixed with curds,
- viii) The leaf juice of the Babchi Seeds (*bavachi*),
- ix) The paste of the seeds of the Flame of the Forest (*palasa*) mixed with buttermilk or lemon juice, the warm paste is usually applied,
- x) The juice of the leaves of *Pongamia pinnata* (*karanja*) or the paste of the seeds made with water or the emulsion of the oil expressed from the seeds made with lemon juice,

- xi) The paste of the seeds of *Albizia lebbek* (sirisha) made with water,
- xii) The *swaras* of the leaves of the Tamarind Tree,
- xiii) The leaves of the Holy Basil (tulsi), the leaves are rubbed over the ringworm affected parts,
- xiv) The juice of the leaves of the Mint (phodina),
- xv) The paste of the ash of the plant of the Prickly Poppy (bharband) mixed with sesame oil,
- xvi) The oily liquid deposited on the inner sides of a stone cup placed over a red hot coconut shell

K—URTICARIA

1 The paste of the leaves of *Tephrosia purpurea* (shar punkha) made with water is applied over the affected parts of the body

2 The leaves of the Bitter Luffa (*kadvitorai*), made slightly warm, are bandaged over the swellings due to urticaria

3 The *swaras* of the Holy Basil (tulsi) applied over the body gives great relief in urticaria.

4. The paste of dhatoora seeds is a useful local application.

5 The leaves of *Clerodendrum phlomis* (arni), made slightly warm, are applied over the swellings due to urticaria.

6 The *swaras* of the leaves of the Four o' Clock Flower (*gulabbas*) applied over the skin soothes the itching and relieves the burning sensation due to urticaria

7. The paste made of powdered black pepper with *ghee* is a useful local application, a little of this mixture is also taken orally

8 The paste made of the kernel of the Cuddapah Almond (*charoli*) with milk is applied on the affected parts

9 The paste made of rock salt and *ghee* is applied over the affected parts

10 The paste made of the roots of *Argyrea speciosa* (*samudrasosh*) made with water is an efficacious local application over the swellings caused by urticaria.

11 The paste made of the roots of *Mimusops elengi* (borsali) is applied over the affected parts

12 The leaves of *Gmelina arborea* (kashmary) are bandaged over the swellings caused by urticaria.

13 The pulp of the roots of *Boerhaavia diffusa* (punar nava) is applied over the swellings caused by urticaria.

14 Ginger is a very efficacious drug in urticaria.

i) The *swaras* of fresh ginger is given with old *gur*

ii) The powder of dry ginger is given in doses of 5 to 20 grains with *conjee*

15 The preparation of the fruits of *Gmelina arborea* (kashmary) made with milk taken orally is an efficacious cure for urticaria, the powder of the dried ripe fruit is boiled with milk till all the water has evaporated

16 A drink of the infusion of dry radish (mul) is given in urticaria.

17 The mixture of powdered neem leaves, emblic myrobalan (amla) and *ghee* is taken orally for the cure of urticaria

18 The powder of emblic myrobalan is given with *gur*

19 The fine powder of *triphala* is given in doses of 90 grains with honey and water twice a day with meals for a few days, *Amaranthus polygamus* (chaulai) is at the same time eaten twice a day with meals which should be light and easily digestible

20 The *swaras* of the leaves of *Vitex negundo* (indrani) is given in doses of 1 oz with *ghee* for the cure of urticaria

21 The powder of sandalwood is taken with the juice of *Tinospora cordifolia* (gudunchi)

22 The infusion of the fruit of the Kokum Butter Tree (raktapurka) is a very efficacious drink with cumin seeds and sugar, about half a pound of the infusion is taken at a time

23 The macerated leaves of the Neem Tree are eaten with *ghee* or with emblic myrobalan (amala) for the cure of urticaria, a drink of the decoction of the inner bark is equally efficacious

24 The standard preparation *avipattikar churna* is given in doses of 45 grains with lemon juice

L—MISCELLANEOUS DISEASES

1 In obstinate eruptive skin diseases an application of the *swaras* of the bark of the Woder Wood (*jungan*) is very efficacious the decoction of the bark is also used for washing the eruptions

2 In eruptive skin diseases caused by impurity of blood the decoction of catechu and conessi bark (*kurchi*) is given orally the paste of conessi bark made with rice water is applied locally

3 The medicated sesame oil or *taila ghrita* prepared with the *swaras* of *Vernonia cinerea* (*sahadevi*) is an efficacious local application in eruptive skin diseases due to impurity of blood

4 The paste of the bark of Corda rothi (*gund*) or the piece of cloth saturated with the juice of the bark is locally applied over eruptive diseases of the skin due to impurity of blood

5 The paste made of turmeric with sesame oil is applied all over the body as a preventive against eruptive skin diseases the skin is first anointed with the oil and then turmeric powder is rubbed into the skin till all the oil is absorbed by the skin

6 The macerated leaves of the Neem Tree eaten with *ghies* or emblic myrobalan (*amla*) are an efficacious remedy for the cure of eruptive skin diseases due to indigestion or impure blood the decoction of the inner bark is equally efficacious

7 The local application of the paste of the seeds of the Water Cress (*ahaliv*) made with water is very efficacious in skin diseases due to impurity of blood

8 The paste of the leaves of the Tiger's Claw (*b chhu*) is applied over the skin when it has become numb and the sense of touch and feeling is lost.

9 When the skin is covered with marks or scars of skin diseases e.g. boils, ulcers etc. the *swaras* of the unripe fruit of *Diospyros peregrina* (*tenda*) applied over the skin removes these scars and restores its normal colour

10 The paste of the macerated leaves of *Mimusops hexandra* (*khirni*) mixed with milk is applied to clear black blemishes on the facial skin.

11 The application of the juice of *Cassia fistula* (amaltas) over blisters is very efficacious

12 The pulp of the seeds of *Gynandropsis gynandra* (suryavarta) applied over blisters causes copious discharge and thus heals the blistered part

13 The roasted leaves of *Aloe barbedensis* (kumari) are applied over blisters

14 Cotton seed oil is a useful dressing for clearing spots and freckles on the skin

15 The powder of the dry leaves of *Acalypha indica* (harita manjari) is an efficacious dust for healing bed sores

16 The local application of the paste of nutmeg (jaya phala) clears white patches and blemishes on the skin

17 The paste made of the root bark of *Clerodendrum phlomidis* (arni) with goat's milk is a useful application over black spots that appear on the face, the decoction of *Crataeva nurvala* (varuna) is an efficacious wash for these black spots

18 The oil of the Kokum Butter Tree (raktapurka) or the milky juice of the Pipal Tree is a useful dressing for healing cracks on the skin

19 The paste of the leaves of *Cassia fistula* (amaltas) is applied over chilblains

20 The poultice of roasted onions is applied over broken chilblains, if they have not broken the poultice of macerated onions mixed with salt is applied

21. The paste of the seeds of the Flame of the Forest (palasa) made with lemon juice is locally applied on herpetic eruptions

22 The emulsion of the oil expressed from the seeds of *Pongamia pinnata* (karanja) made with lemon juice is a very efficacious antiseptic, cleaning and healing application in herpes

23 The paste made of the leaves of the Tanner's Cassia (tarwar), kidney beans (udad) and poppy seeds (khushkhus) with water is a useful local application over herpetic eruptions

24 To prevent the skin from becoming coarse, rough and dry the mixture of honey and the juice of citron (bijora) in

which the Costus (kusht) had been soaked for a week is a very useful cosmetic

- ii) The powder of the roots of the Costus added to bath water is an efficacious cosmetic it keeps the skin smooth and beautiful the addition of the juice of the leaves of the Jambul Tree (jambu) or of the Arjun Tree (arjun) to this bath water increases its efficacy

25 The powder of the seeds of the Fenugreek (methi) applied to the skin is a useful cosmetic it prevents the skin from becoming rough, coarse and dry

26 Rice flour applied as a thick layer over inflammatory skin diseases brings quick relief, the flour can also be used in the form of a poultice, it should be changed two or three times a day*

SLEEPLESSNESS

1 For inducing sleep the hair oil made of the leaf juice of Aloe barbedensis (kumari) and sesame oil is very efficacious these two ingredients are boiled together to make the hair oil

2 The paste made of the fruit of Barringtonia acutangula (samudraphala) with fresh goat's milk applied to the eyelids and the forehead induces sleep

3 The salve made of nutmeg (ja phala) with ghee applied to the eyelids induces sleep the nutmeg is also taken orally in doses of 10 to 20 grains

4 The plants or the roots of Basella rubra (poi), or the roots of Asteracantha longifolia (talimkhana) or the roots of Peristrophe bicalyculata (kakjauha) bandaged on the head at bed time act as a soporific

5 The roots of Euphorbia nerifolia (thohar) or of Plum bago zeylanica (chitraka) or of the Prickly Pear (nagphani) are eaten with gur by those suffering from want of sleep

6 The mixture of the powder of 12 grains of almonds, 12 grains of the seeds of Lagenaria vulgaris (kadvi tumb) and 25 grains of poppy seeds is very efficacious as a soporific the powdered mixture is well stirred in half a pound of water the strained liquid is taken at bed time with 25 grains of sugar

7 The mucilage formed by infusing 2 parts of poppy seeds and 1 part of lettuce seeds (kahu) in water is an efficacious soporific the mucilage is taken with sugar

8 The powder of the roots of the Serpentine (sarpagandha) taken in doses of 20 to 30 grains twice a day by adults is a useful remedy for insomnia.

9 Roasted brinjals (baigun) eaten with honey in the evening readily induce sleep

10 The powder of the berries or the roots of the Long Pepper (pipili), well mixed with gur, taken orally followed by a drink of milk induces sleep

11 The decoction of *Achyranthes aspera* (apamarga) or of the roots of *Boerhaavia diffusa* (punarnava) or of the roots of *Asteracantha longifolia* (talimkhana) taken orally is a very efficacious remedy in sleeplessness

12 The powder of *Withania somnifera* (ashwagandha) taken with sugar and ghee is an efficacious remedy for inducing sleep

SMALLPOX

A—DURING AN EPIDEMIC OF SMALLPOX

The following prophylactic measures are recommended

1 The bowels should be kept open and not allowed to get constipated laxatives should be taken if necessary the use of salt should be reduced as much as possible, if it cannot be wholly avoided

2 Liquorice root (madhuka) should be regularly taken in doses of 45 grains as a powder or a decoction.

3 The mixture of the powder of turmeric and tamarind seeds is taken twice a day in doses of 25 grains

4 The *swaras* of the leaves or the roots of *Elephantopus scaber* (gobhi) is given in doses of 180 to 360 grains with sugar

5 Water boiled with neem leaves, *Cassia occidentalis* (kasundi), the *Khus khus* Grass (khus), sandalwood and *Fagonia cretica* (dhamasa) should be used for bathing, a paste of can

dalwood and eagle wood (agaru) should be applied on the body

6 Emblic myrobalan (amla) is useful as a prophylactic, the powder of the dry fruit is well mixed with the juice of the fresh fruit, the mixture is dried in shade, this process of alternately mixing the powder with the juice and drying the mixture in shade is to be repeated a couple of dozen times, 12 grain pills are made out of this pill mass, one such pill is given twice a day

B—THERAPEUTIC MEASURES

1 To reduce the intensity of the attack the patient is given either the decoction of the roots of *Asparagus racemosus* (sbatavari) or the juice of the leaves of the Jujub Tree (ber) with milk

2 The mixture of the juice of the leaves of the Bonduc Nut (putikaranj) and the juice of emblic myrobalan (amla) is given with honey and sugar

3 The compound powder of ginger, black pepper and long pepper (pipili) mixed with the juice of the leaves of the Bonduc Nut (putikaranj) is very efficacious, if it is given as soon as the first symptoms of smallpox are visible

4 The juice of tamarind leaves is given with turmeric and water

5 The *swaras* of the leaves of *Centella asiatica* (brahmi) given with honey is an efficacious remedy

6 The *swaras* of the leaves of *Momordica charantia* (kareila) is given with turmeric

7 The *swaras* of the Holy Basil (tulsi) is given to children in smallpox

8 If the throat of the patient gets swollen the decoction of emblic myrobalan and the flowers of the Mohwa Tree (mahuva) is very useful as a gargle, the patient should also be given warm water to drink

9 If the mouth and the throat are ulcerated the decoction of baleric myrobalan (babira) and liquorice root (madhuka) mixed with honey is a very efficacious gargle

10. The paste of neem leaves mixed with water is applied over smallpox eruptions.

11. The paste of the green fruits of the White Mangrove (līna) boiled with ghee or butter applied over the eruptions quickly heals them.

12. Rice flour thickly dusted all over the skin brings quick relief from pain and irritation due to the eruptions; the dust has a soothing and cooling effect.

13. If the scabs of the eruptions have become hard, black and foetid a poultice of wheat flour or of powdered charcoal should be applied.

14. The body of the patient should be first sponged with warm water and then the oil expressed from the berries of the Horse Radish Tree (shigru) applied all over the body.

15. To remove the scabs of the pustular eruptions the following preparation should be applied all over the body before taking a bath: the root-stock of the Wild Turmeric (vanharidra), Centratherum anthelminticum (somraj), babchi seeds (bavachi), the seeds of Cassia tora (chakund) and emblic myrobalan (amla) are soaked in cow's urine for some time and then well macerated together to make a paste.

16. The galls formed on the leaves of *Ficus racemosa* (gullara) by an insect, are first soaked in milk, and then made into a paste with honey; this paste is applied over the skin to prevent pitting caused by smallpox eruptions.

17. The paste of turmeric applied over the eruptions encourages quick formation of scabs.

18. The paste of the roots of the Khus-khus Grass (khus) applied very often on the body gives great relief from itching and pain due to smallpox eruptions.

19. The ash of cow dung, strained through cloth, is dusted over smallpox eruptions.

20. The eyes of the patient should be kept clean.

i) Castor oil or the *swaras* of the Coriander Plant (dhanya) should be regularly used as eye drops.

ii) The cold decoction of coriander seeds (dhanya) should be used as an eye wash.

- iii) The decoction of *triphala* should be used for fomenting and washing the eyes.

21 The oil expressed from the fruit rind of the Lemon (*kagbzī nimbu*) makes a very useful refrigerant drink in small pox and measles

SPERMATORRHOEA

See "*Sexual Debility—C*"

DISEASES OF THE SPLEEN

See "*Diseases of The Liver—C*"

SPRAINS

The treatments recommended for Contusions, Bruises and "Black Eye" are equally efficacious for the the treatment of sprains, see "*Wounds—B*"

SPRUE

The following drugs are given in sprue

- i) The decoction or the root bark of the Flame of the Forest (*palasa*),
- ii) The gum that exudes from the trunk of the Flame of the Forest (*palasa*), at first the dose is 5 to 10 grains, it is gradually increased to 30 grains,
- iii) The powder of the fruit of *Helectaris isora* (*marod phali*) with sugar,
- iv) Dried or fresh flower buds of *Bauhinia tomentosa* (*ashmantaka*),
- v) The bark of *Bauhinia racemosa* (*asoda*) in 45 grain doses,
- vi) The decoction of the bark of the Babul Tree, this decoction is also used as an enemata,
- vii) The mucilage obtained by infusing the seeds of the Holy Basil (*tulsi*),
- viii) The medicated *ghee* or *ghee ghrita* prepared with the decoction of the roots of *Plumbago zeylanica*

(chitrak) from which the residual pulp has not been removed,

- ix) The *swaras* of the flowers of the Mohwa Tree (mahuva),
- x) Rala mixed with ghee and the flowers of Mesua ferrea (nagkesar),
- xi) The decoction of equal parts of Tinospora cordifolia (gudunchi), the Atis Root (ativisha), ginger and the tubercles of the Nut Grass (nagarmusta),
- xii) The decoction of the root bark of Albagi pseudalbagi (jawasa),
- xiii) The pills made of the root bark of Calotropis gigantea (akda) with opium, 5 to 10 grains of the powder of the root bark and 1 grain of opium are made into a pill with the addition of the gum from the Babul Tree,
- xiv) The pills made of cubebs (kabab chini) and cardamoms, these two ingredients, half an ounce of each, are rolled into a pill with the *swaras* of cotton leaves

DISORDERS OF THE STOMACH & THE INTESTINES

A—GENERAL

1 Rice that has been soaked in the milky juice of Euphorbia nerifolia (thohar) and dried is very efficacious in stomach disorders, this rice is given in the form of a gruel

2 Long pepper (pipili) taken according to the method known as *pipili wardiman* (See Alteratives No 15-ii) is highly efficacious in all kinds of stomach disorders

3 The mixture of the powder of 3 or 4 long peppers (pipili), 2 oz of milk and 8 oz of water is boiled in a tinned vessel till all the water has evaporated, the residual mixture is taken in one dose followed by a drink of milk. This treatment is also recommended for slow fever, anaemia, dyspepsia, cough, piles and urinary diseases

4 *Galo satva* is given with ginger in stomach disorders

5 The juice of fresh ginger taken with milk or the juice

cooked in one tenth its weight of sesamum oil is given in stomach disorders

6 In stomach disorders due to excessive wind formation 180 grains of the juice expressed from the root stock of *Alocasia macrorrhiza* (kasala), cooked coconut milk and a little rice is given, this preparation induces the passing of wind

7 The paste made of the roots of *Plumbago zeylanica* (chitraka) and deodar is given with milk in all kinds of stomach disorders, the decoction of the e two drugs is equally efficacious

8 Either the *swaras* of *Amaranthus polygamus* (chaulai) or of the fresh spinach is given for the cure of stomach disorders

9 In painful disorders of the stomach the infusion of ginger taken with the addition of half an ounce to one ounce of castor oil brings quick relief

10 The mixture of powdered ginger, impure carbonate of soda and a little fried asafoetida gives quick relief in painful disorders of the stomach

11 The mixture of four parts of ginger and one part of aniseed (saonf) fried in *ghae* taken with *gur* regularly is efficacious in disorders of the stomach

12 If the stomach and the intestines are inflamed the infusion of 1 oz of the seeds of fenugreek (methi) in a pint of water is a very efficacious drink.

13 The seeds of the Sweet Basil (babuntulsi) soaked in water for some time are taken with cow's milk and sugar in stomach disorders especially when there is a burning sensation in the abdominal region

14 When a child's stomach is distended a paste made of the seeds of *Barringtonia acutangula* (amudraphala) with water is given in doses of 2 to 3 grains with milk, the paste is also applied on the abdominal region

15 In stomach disorders of children dill seeds (soya ke bja) are very efficacious they relieve distension, stomach ache, etc., they are given macerated in milk or in the *swaras* of betel leaves.

16 When the patient suffering from digestive disorders has an unsatiable false appetite one of the following preparations given to him will regulate his appetite.

- i) The powder of turpeth root (nishottar) with milk,
- ii) The inner bark of the stem of the Jujub Tree (ber) or the kernels of the seeds with water;
- iii) The *swaras* of the roots of *Ipomoea paniculata* (vidarikand) with milk and *ghee*,
- iv) Ripe plantains and *ghee*;
- v) The gruel made of the seeds of *Achyranthes aspera* (apamarga) with milk

B—ACIDITY

1. The fruit of the Baob Tree (gorak amlī) is an efficacious remedy in acidity, the decoction of the pulp of the fruit is given or the sherbet made of the pulp is given with cumin seeds (jira) and sugar.

2. The paste made of one part each of black raisins and small chebolic myrobalan and two parts of sugar is given in doses of 180 grains twice a day, morning and evening, for the cure of acidity.

3. Small pieces of onions taken with half formed sweet curds and sugar relieves burning of the throat due to acidity.

4. The powder of the roots of the Long Pepper (pippli) given in doses of 45 grains with sugar twice a day relieves acidity, the berries are equally efficacious

5. The juice of the pumpkin (petha) in doses of 2 to 4 oz taken with sugar is given in acidity.

6. The dose of 20 to 40 grains of the fruit of the Soap-nut Tree taken with water is efficacious in acidity and nausea.

7. The powder of chiretta taken with an equal quantity of sugar relieves acidity and nausea

8. The infusion of coriander seeds (dhanya) taken with 180 grains of sugar relieves acidity.

9. The powder of equal parts of *Eclipta alba* (bbangra) and chebolic myrobalan taken with old *gur* is very efficacious.

10. The roasted seeds of the Bonduc Nut (patikaranj) taken with *ghee* followed by a drink of hot water acts as an emetic and gives quick relief

11. The paste made of half a pound of the fruit of the

Kokum Butter Tree (raktapurka), 1 oz of cardamom and 2 oz of sugar is given in doses of about an ounce every day for relief of acidity

12 The following standard preparations are useful in acidity

- i) *galo satta* taken with cumin seeds and sugar it brings quick relief
- ii) *drakshadi churna*, it is given in 140 grain doses it is also useful in bilious disorders
- iii) *avipittkar churna* it is given in 45 grain doses with lemon

C—COLIC

1 Equal parts of black salt (sanchal) tamarind cumin seeds (dhanya) and black pepper powdered together are made into a pill mass with the juice of citron (bijora) this pill mass is very efficacious in colic and indigestion

2 Ten grains of the mixture of equal parts of powdered fried asafoetida omum seeds (yavani) chebulic myrobalan (harada) and rock salt are given for relief of colic

3 The finely powdered mixture of 2 parts of long pepper (pipili) 3 parts of black pepper and 1 part of rock salt is given in doses of 90 grains

4 The bark of the Tamarind Tree mixed with common salt is burnt to white ash in an earthen vessel this ash is given in doses of 2 grains in colic and indigestion

5 The powdered dry leaves of Vitex negundo (indrini) are given with omum seeds (yavani) and salt for relief of colic

6 The ash of Achyranthes aspera (apamarga) plant is given with honey in colic and stomach ache

7 The decoction of the leaves of Sesbania grandiflora (agastya) given with the addition of fried asafoetida and rock salt brings quick relief in colic even if the attack be very severe

8 For the quick relief of colic the juice of emblic myrobalan (amla) is given with sugar

9 The decoction of the root of the Castor Oil Plant and

ginger given with fried asafoetida and salt is very efficacious in colic

10 The decoction of liquorice root (madhuka) given with castor oil brings relief in colic

11 In biliary colic 45 to 90 grains of the powder of chebulic myrobalan (harada) are given with *gur* or *ghee*

12 The paste made of half a seed of the Bonduc Nut (putikaranj) and a few cloves is given in colic

13 The juice of mint (phodina) given with a small quantity of powdered black pepper and honey relieves colic.

ii) The mixture of 90 grains each of the juice of mint and fresh ginger and 15 grains of rock salt is equally efficacious

14 The mixture of the powder of cumin seeds (dhanya), fried asafoetida and rock salt given with honey and *ghee* relieves colic due to indigestion

15 The decoction of Adhatoda vasica (vasa) given with black raisins is very efficacious in colic

16 The confection made of the compound powder of 4 drachms of caraway seeds (shia jira) half a drachm of black pepper, 2 drachms of ginger and 2 drachms of Ruta graveolens (sitav) with honey is given in doses of 1 to 2 drachms, this confection is not only useful in relieving colic but is also useful in flatulence and hiccough

17 The compound powder made up of Ruta graveolens (sitav) 30 grains borax 30 grains, ginger 60 grains and black pepper 60 grains is given in 15 to 25 grain doses in flatulent colic

18 The compound powder made up of 4 parts of impure carbonate of potash 5 parts of rock salt, 5 parts of ginger and 10 parts of chebulic myrobalan is given in 10 grain doses with hot tea or buttermilk

19 To relieve the pain of colic the poultice made of mustard or of omum seeds (yavani) is applied on the abdominal region

20 The poultice of the macerated fruit or the powder of the seeds of Randia dumetorum (madana) made with rice

water is applied on the navel to relieve colic and stomach ache

21 To relieve an attack of colic in children the infusion of coriander seeds (dhanya) or the powder of the fried seeds is very efficacious

22 For relieving flatulent colic of children a teaspoonful of the mixture of one part of fried asafoetida, 50 parts of water and a little omum water (yavan) is very efficacious.

23 The swaras of the leaves of the Holy Basil (tulsi) given with the addition of a little powdered ginger checks colic of children

24 The decoction of fennel seeds (madhurica) is very effective as a drink in colic and flatulence of children

25 The decoction of coriander seeds (dhanya) and ginger is an efficacious drink in colic and indigestion of children

26 Warm betel leaves coated with some bland oil are applied on the abdominal region of children in colic and flatulence

27 The pulp of the pods of Cassia fistula (amaltas) is applied round the navel of the child having colicky pains

D—DYSPEPSIA OR INDIGESTION

1 The powder of 10 grains each of cinnamon, ginger and cardamoms is very useful for relief of indigestion

2 The powder of cloves in doses of 5 drachms with 2 oz of water taken before meals helps digestion

3 The powder of ginger and impure carbonate of soda taken with hot water is very efficacious

4 The chutney made of mint (phodina) dry dates, black pepper, rock salt fried asafoetida black raisins and cumin seeds (jira) with lemon juice not only aids digestion but also improves the taste of the mouth

5 Roasted coriander seeds (dhanya) are very efficacious in dyspepsia

6 Cumin seeds (jira) are given in doses of 10 to 30 grains as a carminative and digestive in dyspepsia

7. The compound powder of fried asafoetida, cardamoms, ginger and rock salt, one grain each, is given for the cure of dyspepsia

8. The following preparation is very efficacious in bilious dyspepsia: 6 parts of caraway seeds (shia jira), 5 parts of black pepper, 6 parts of chebulic myrobalan (harada), 4 parts of rock salt and 4 parts of mint (phodina) are powdered together and made into a pill mass with 6 parts of honey, one pill of 5 to 8 grains is given at a time

9. Omum seeds (yavan) are very useful in giving relief in indigestion, stomach ache, colic, biliousness and similar diseases

- i) The seeds are well masticated and slowly swallowed followed by a drink of warm water, the seeds may be eaten with *gur*
- ii) The compound powder of 60 grains of the seeds, 10 grains of ginger and 30 grains of cardamoms is taken after meals twice a day
- iii) If the indigestion is due to irregular diet a teaspoonful of the seeds taken with rock salt brings quick relief.

10. The compound powder of equal parts of mustard seeds, fried asafoetida, ginger and rock salt given in doses of 20 grains with butter-milk relieves indigestion

11. The mixture of equal parts of fresh ginger, lemon juice and rock salt taken before meals gives relief in indigestion and creates appetite

12. The powder of ginger taken with *ghee* or hot water relieves indigestion and creates appetite

13. Long pepper (pipili) is an efficacious drug for dyspeptic patients

- i) The powder of the berries in 15 grain doses taken with honey immediately after meals aids digestion and brings quick relief.
- ii) The mixture of the powder of long pepper and ginger taken with *gur* aids digestion and relieves griping of the bowels
- iii) The powder of long pepper well mixed with the juice of *Tinospora cordifolia* (gudunchi) is a very efficacious

cious remedy; the powder is well mixed with the juice and dried in shade; this process of mixing the two ingredients and drying the mixture in shade is repeated several times; the more often this process is repeated the greater the efficacy of the mixture and smaller the dose required

- iv) Long pepper given according to the method known as *pīplī wārdmān* (see Alteratives No 15-ii) is very efficacious
- v) The berries are given in the same way as prescribed for the cure of abdominal tumours, see Abdominal Tumours No 11

14 Dita bark (*saptaparna*) is a very efficacious remedy especially in catarrhal dyspepsia, either 15 grains of the powder of the bark or its decoction is given at bed time

15 Sixty grains of emblic myrobalan (*amla*) are soaked in water overnight, the following morning the fruit is macerated in half a pint of milk, this mixture given with sugar and cumin seeds (*jira*) is very efficacious.

16 The infusion of chiretta is an efficacious remedy in dyspeptic disorders, 45 grains of chiretta are infused over night in 1 oz of water, the strained infusion mixed with 4 grains of camphor, 4 grains of *shilajit* and 90 grains of honey is given the following morning; this treatment is to be continued for a week.

17. Dates, without their seeds, are an efficacious remedy for relief of dyspepsia, 4 oz of these dates are soaked in water for some time, this mixture is taken in one dose

18. The cooked leaves and pods of the Horse Radish Tree (*shigru*) are eaten as a vegetable for the cure of indigestion.

19 *Diskamālī* taken in doses of 2 to 4 grains is an efficacious remedy

20 The compound powder made up of equal parts of the pulp of woody chebulic myrobalan (*harada*) and ginger taken with *gur* cures indigestion, even if it be of long standing, it also creates appetite

21 The very fine powder of equal parts of *triphala* and *trskatu* is an excellent remedy; it is given in doses of 45 grains each time twice a day for a week.

22 The decoction of coriander seeds (dhanya) and cardamoms is very efficacious the decoction is made by boiling 2 oz of powdered coriander seeds (dhanya) and 180 grains of the powder of cardmoms in 1 $\frac{1}{2}$ lb of water till the quantity is reduced to 4 oz one spoonful of the strained liquid is given to a child each time 3 times a day, the dose for adults is 1 $\frac{1}{2}$ to 2 oz each time 3 times a day this treatment is to be continued for a few days

23 The milk which is boiled with a few berries of Embelia ribes (vidanga) is very efficacious for children suffering from dyspepsia, it also prevents flatulence

24 If mucus is being passed with stools by a dyspeptic patient a big dose of the powder of the root stock of the Sweet Flag (vacha) given with water and salt is very efficacious, it acts as an emetic and gives instant relief

25 If the dyspeptic patient passes undigested and foetid stools the powder of the half roasted seeds of the Bonduc Nut (putiharan) is given in doses of 15 grains with sugar, or the decoction of ginger and coriander seed (dhanya) is given with the powder of the roots of the Castor Oil Plant

26 If the dyspeptic patient passes bad stools the compound powder of equal parts of the small, dry and unripe type of chebulic myrobalan (harada) the leaves of the Indian Senna (senna) fennel seeds (madhurika) and black salt (sanchal) given with hot water is very efficacious

27 Pickled lemons and digestion create appetite improve the taste of the mouth and bring quick relief in indigestion and kindred digestive disorders the pickle is prepared in an earthen vessel by placing in it lemons and salt layer by layer till the container can hold no more the fruits are kept under pressure for some time one such pickled lemon is given every day

28 The juice of ripe mangoes taken with water sugar, cardamoms and cloves is very efficacious in indigestion and other bilious disorders

29 If the dyspeptic patient has excessive thirst and vomits a lot a drink of the cold decoction of nutmeg (jaiphal) gives quick relief

30 The following standard preparations are given to dyspeptic patients

- i) *chatuhsama vati*, it is given in doses of 8 grains in the form of a pill,
- ii) *agnimukh churna*,
- iii) *samsharkar churna*,
- iv) *pancha kola churna*

E—FLATULENCE

1 The leaves of *Aloe barbedensis* (*kumari*) are given in flatulence about 80 grains of the pulp of the tender leaves are taken with *ghee*

2 The *swaras* of the Holy Basil (*tulasi*) mixed with the *swaras* of fresh ginger and honey is effective in checking and preventing flatulence or the *swaras* of the Holy Basil is given with powdered black pepper and honey

3 When as a result of flatulence there is a distention of the stomach a dose of the mixture of 1 oz of the *swaras* of the leaves of *Vitex negundo* (*indrani*) 10 to 25 grains each of black pepper and omum seeds (*yavani*) gives quick relief this mixture is useful in stomach ache as well

4 The decoction of ginger given with the addition of castor oil is very effective in flatulence it also relieves pain in the waist and the back

5 *Gala satva* taken with *ghee* or powdered ginger gives quick relief in flatulence.

6 The juice of the inner bark of the Pipal Tree extracted with water is given with powdered long pepper (*pipli*) in flatulence

7 The *swaras* of the leaves of the Shoe Flower (*jasum*) taken regularly for a week in 4 oz doses cures flatulence.

8 The pulp of unripe young bael fruits taken with *gur* regularly for some time relieves flatulence and indigestion

9 The mixture of equal parts of the powder of long pepper (*pipli*) and impure carbonate of potash taken in 45 grain doses with honey and the juice of fresh ginger is an efficacious remedy in flatulence

10 Eight ounces of milk are boiled till the quantity is reduced to half, to this milk are added 180 grains of the very finely powdered roots of the Long Pepper (pippli) this mixture is put on fire till it boils, well stirring it all the time, this milk taken regularly with 180 grains of sugar cures flatulence

11 The *swaras* of the leaves of the Horse Radish Tree (shbgru) taken with 180 grains of sugar for three days relieves flatulence

i) The powder of the roots is given in 6 to 8 grain doses.

12 The mixture of 2 parts of celery seeds (ajmoda) and 1 part each of anise seeds (saonf) and sugar is given in doses of half to 1 drachm in flatulence and colicky pain

13 The tender leaves of the Bonduc Nut (putikaranj) and of Cassia fistula (amaltas) cooked with ghee and oil are eaten as a vegetable for relief in flatulence

14. The confection made of 5 parts of the seeds of Ruta graveolens (sitav), 4 parts of celery seeds (ajmoda), 3 parts of mint (phodina), 1 part of saffron, 2 parts of ginger, 2 parts of black pepper and 30 parts of honey is very efficacious in flatulence, the confection is given in doses of 2 to 4 drachms at a time

15 In flatulence of children the compound powder made up of equal parts of fried asafoetida, black salt (sanchal) cardamoms, ginger and Solanum xanthocarpum (kantakarika) is given in doses of 3 to 5 grains

16 The addition of a few berries of Embelia ribes (vid anga) to milk given to children prevents flatulence

17 The following standard preparations are given for the relief of flatulence

- i) *Narach churna*, it is given in 90 grain doses with honey on an empty stomach in the morning,
- ii) *Panchkol churna*,
- iii) *Vaishnavar churna*

F—STOMACH ACHE

1 Hot castor oil coated leaves of *Thespesia populnea* (paris) applied on the abdominal region as a fomentation give relief in stomach ache

7 The powder of the seeds of cucumber (kbira) or of the seeds of the Safflower (kusumbha) is given with the juice of black raisins for the removal of stone and gravel

8 The paste of the roots of *Luffa acutangula* (torai) made with milk or cold water is given for three days in the morning

9 Conessi bark (kurchi) is a very efficacious remedy for dissolving stone and gravel, the paste of the bark is given with curds

- ii) The powder of the bark mixed with an equal quantity of turpeth root (nishottar) is given with rice water or milk

10 The leaves of *Tephrosia purpurea* (sharpunkha) are a specific for dissolving stone and gravel, the *swaras* is given in 2 oz doses with sugar every day the action is slow but ultimately the calculi are completely dissolved

11 The juice of the roots of *Ficus racemosa* (gullara) is given in 2 oz doses with sugar for dissolving calculi at the same time a poultice of the roots made with cow's milk is applied over the penis and navel

12 The decoction of *Dolichos biflorus* (kplitha) mixed with 3 oz of the powder of *Tephrosia purpurea* (sharpunkha) and some rock salt is an efficacious remedy for dissolving calculi in the urinary system

13 Pumpkin seeds (petha) are given in doses of 2 to 4 oz with fried asafoetida and impure carbonate of potash for dissolving calculi

14 The powder of 15 grains each of the seeds of *Celosia argentea* (sufaid murgha) and sugar is given for the removal of stone and gravel

15 The paste made of about half a seed of the Teak Tree (sagvan) is given for dissolving calculi at the same time the paste is applied over the navel

16 The juice of the roots of *Asparagus racemosus* (shatavari) given with cow's milk is very efficacious even when the stone has been present in the system for a very long time.

17 *Pedaliium murex* (gokshuraka) and *Tribulus terrestris* (chhotegokhru) are efficacious lithontriptics either of these two plants can be used

- i) The decoction of the roots is given in 1 to 2 oz doses two or three times a day, the decoction is prepared by boiling in a closed vessel 2 oz of the roots in a pint of water for about half an hour
- ii) The decoction of the *panchang* is equally efficacious
- iii) The powder of the plant is given in 45 to 90 gram doses with honey followed by a drink of milk
- iv) The powdered leaves are given in 5 to 10 grain doses
- v) The very fine powder of the fruit is given with half an ounce each of sugar and long pepper (*pīplī*)
- vi) An infusion of the *panchang* of two or three fresh plants is made in half a pound of water, the plants are soaked in water overnight, the following morning the strained infusion is taken with the addition of an equal quantity of milk and half an ounce of sugar

18 The *phant* made of the fresh or dry rind of the fruit of Musk Melon (*kharbuza*) or of *Cucumis melo* var *momordica* (*chirbhatika*) is given in about 6 to 8 oz doses two or three times a day

19. The powder of the roots of *Solanum xanthocarpum* (*kantakarika*) or of *S. indicum* (*vribati*) is taken with curds and honey for a week

20 The decoction of the roots of the Dhūb Grass (*hariālī*) is given for removing stone and gravel from the urinary system

21 The *swaras* of the leaves of the Cotton Plant given in one to one and a half ounce doses is useful for removing gravel from the urinary tract

22 The decoction of the root of *Mimosa pudica* (*lajja*) is given in small doses of 2 to 6 drachms in case of gravel or an infusion is given in half to one ounce doses

23 The *kshara* of the Flame of the Forest (*palasa*) or of *Achyranthes aspera* (*apamarga*) or of the Sesame Plant (*tīlī*) is an efficacious lithontriptic, the *kshara* of either of the first two drugs is given with lamb's urine and that of the third with milk and honey

24 For stone in the bladder the following drugs are particularly efficacious

- i) The decoction of *Abutilon indicum* (kanghi)
- ii) The decoction of the roots of *Plumbago zeylanica* (chitrak),
- iii) The fruit or the leaves either of *Pedaliu murex* (gokshuraka) or of *Tribulus terrestris* (chbote gokhru) the fruit is given in doses of 10 to 30 grains, the leaves are given in doses of 5 to 10 grains,
- iv) The decoction of the roots of *Cissampelos pareira* (patha)
- v) The seeds of the Flame of the Forest.

25 The powder of the seeds of beleric myrobalan (bahira) given with alcohol is a very efficacious lithonriptic

26 The powder of the bark of the Arjun Tree (arjuna) in 10 to 30 grain doses given with *gur* or water is an efficacious remedy for dissolving stone and gravel

STYPTICS

(Drugs which check bleeding)

For arresting bleeding from wounds, cuts, ulcers, etc. the following drugs are locally applied

- i) The *swaras* or the pulp of the Dhuh Grass (hari ali)
- ii) The *swaras* or the bruised fresh leaves or the roasted leaves of *Kalanchoe pinnata* (zakhm e bayat)
- iii) The *swaras* of the leaves or the macerated leaves of *Achyranthes aspera* (apamarga)
- iv) The paste made of the fresh leaves of *Eupatorium triplinerve* (ayapana) with water,
- v) The milky juice from the stem of *Jatropha curcas* (jungli erandi) or the decoction of the leaves
- vi) The bruised leaves of the Babchi Seeds (bavachi)
- vii) The paste of *Clerodendrum serratum* (bharang)
- viii) The juice of the leaf stalk of *Alocasia indica* (man kanda) or of *Colocasia esculenta* (arvi)

- ix) The juice of the unripe fruit of *Diospyrus peregrina* (tendu)
- x) The powder or the juice of the pods of the Babul Tree or the gum from its trunk
- xi) The juice of the leaves, flowers and flower buds of the Pomegranate Tree
- xii) The bruised leaves of *Ageratum conyzoides* (aj ghandha)
- xiii) The piece of cotton cloth or cotton wool soaked in the oil expressed from the seeds of *Alangium salvin folium* (arkola) bandaged over the wound
- xiv) *Mocharas* the gum of the Kapok Tree (safed simal)

SUNSTROKE

1 The following compound powder is given in small quantities with honey in sunstroke the pulp of the pods of *Cassia fistula* (amaltas) 1 oz *Coleus aromaticus* (pashanbheda) $1\frac{1}{2}$ oz, *Fagonia cretica* (dhamasa) $1\frac{1}{2}$ oz, chebulic myrobalan (harada) 2 oz and *Tribulus terrestris* (chhote gokhru) $6\frac{1}{4}$ oz

2 The juice of *Centellia asiatica* (brahmi) is given with cumin seeds (jira) and sugar at the same time a compress saturated with the juice is applied on the navel

3 The infusion of the dry herb of the Fenugreek (methi) is given with honey, the herb is soaked in cold water for some time and then macerated in it the strained infusion is used

4 As a preventive against an attack of sunstroke the sherbet made of the inner pulp of the fruit of the Baob Tree (gorak aml) should be taken in summer

5 A drink of the water in which coriander seeds (dhanya) have been macerated with sugar is an efficacious remedy for preventing sunstroke

SWELLINGS AND INFLAMMATIONS

1 The following drugs are locally applied to reduce the swelling and to relieve pain,

- i) The mixture of equal parts of the juice of onions and mustard oil,

- ii) The *swaras* of the leaves of Aloe barbedensis (kumari),
- iii) The *swaras* of the leaves of Clerodendrum phlomis (arni) and sesame oil, this mixture is efficacious even if the swellings be due to dropsy or heart diseases,
- iv) The yellow juice of the fruit of Thespesia populnea (pari),
- v) The poultice of the roots or the leaves of the Horse Radish Tree (shigru),
- vi) The poultice of the leaves or the pulp of the ripe fruit of the Tamarind Tree (imli),
- vii) The poultice of the leaves of Sesbania sesban (jayanti),
- viii) The poultice of the bark or the leaves or the roots of Caesia fistula (amaltas)
- ix) The poultice of dhataru leaves and roots made with water,
- x) The poultice of the flowers of the Flame of the Forest (palasa)
- xi) The poultice of the stem bark and the roots or of the finely powdered seeds of Adenanthera pavonina (kunchandana)
- xii) The poultice of radish (muli) and sesame seeds (til)
- xiii) The poultice of the leaves of Achyranthes aspera (apamarga),
- xiv) The poultice of the seeds of Beleric Myrobalan (bahira)
- xv) The poultice of pigeon pea (arhar)
- xvi) The poultice of barley flour and powdered turpeth root (nashottar)
- xvii) The poultice of the roots of Plumbago zeylanica (chitraka),
- xviii) The poultice of the boiled stem of the Prickly Pear (nagphani),
- xix) The poultice of the leaves of the Fenugreek (methi)
- xx) The poultice of the finely powdered bark of the Pipal Tree mixed with a large quantity of ghee,
- xxi) The hot oil-coated leaves of the Silk Cotton Tree (semal),

- xxii) The leaves of *Argyrea speciosa* (samudrasosh);
- xxiii) The hot leaves of *Thespesia populnea* (paris),
- xxiv) The fresh leaves of *Vitex negundo* (indran) heated in an earthen vessel, these hot leaves are applied three or four times a day,
- xxv) The milky juice of *Euphorbia antiquorum* (tridhari),
- xxvi) The milky juice of *Calotropis gigantea* (akda), its fresh leaves, made slightly hot, are also used,
- xxvii) The poultice of lightly crushed cucumber (khura), its thick rind is equally efficacious.

2 The following drugs are taken orally for the cure of swellings and inflammations, both internal and external,

- i) Either the fruits of *Trichosanthes dioica* (kadvi padval) or carrots or the flower heads of the Sun Flower (suria mukhi) or the leaves of *Solanum nigrum* (kakmachi) are eaten as cooked vegetables.
- ii) The powder of turpeth root (nishottar) is taken regularly for a month
- iii) The powder of the roots of *Withania somnifera* (ashwaghandha) mixed with cow's urine is very useful, especially in swellings over the abdominal region
- iv) The milk in which long pepper (pipili) has been boiled is an efficacious remedy
- v) The mixture of equal parts of fresh ginger and *gur* is a very efficacious remedy, 1 oz of the mixture is taken the first day, the dose is daily increased by an ounce to 8 oz a day, the dose is then reduced by an ounce every day, when this treatment is being followed the diet should consist of milk, fruit and vegetable juice, rice and the water in which lentils have been boiled
- vi) The decoction of the Horse Radish Tree (shigru) mixed with fried asafoetida and rock salt is particularly efficacious in deep seated internal inflammations
- vii) The medicated *ghee* or *ghee ghrita* prepared by boiling *ghee* with the unstrained decoction of *Alocasia indica* (manhanda) is given for the cure of all kinds of swellings

- viii) The *swaras* of the bark of *Barleria prionitis* (kat shareya), in doses of three fourths of an ounce, is an efficacious remedy, it is given with milk, the ash of the plant given with *conjee* is equally efficacious
- ix) The mixture of the *swaras* of the Holy Basil (*tulsi*), powdered black pepper and *ghee* is an efficacious remedy
- x) The *swaras* of the leaves of *Luffa cylindrica* (*ghiatora*) is given in 1 oz doses
- xi) The decoction of *Boerhaavia diffusa* (*punarnava*) deodor, ginger and the roots of the *Khus khus* Grass (*khus*) is given
- xii) The specially prepared medicated *ghee* or *ghee ghrita* with *Plumbago zeylanica* (*chitraka*) is an efficacious remedy for the cure of swellings curds are prepared in an earthen vessel the inner sides of which have been lined with the powder of the roots of the herb before the milk and the starter for making the curds are put in the container, the *ghee* prepared from these curds is boiled with the buttermilk from these curds and the pulp of the roots of the herb till all the water has evaporated
- xiii) Either of the two standard preparations *lasun kshira* and *drakshadi churna* is efficacious for the cure of inflammatory swellings, *drakshadi churna* is given with *ghee* and honey

SYPHILIS

A—DRUGS USED EXTERNALLY

1 The ointment made of the thick juice of the fresh leaves of *Achyranthes aspera* (*apamarga*) with the addition of a little opium is a useful application over primary syphilitic eruptions the leaf juice becomes thick when exposed to the sun

2 The hot poultice of the leaves of the Indian Coral Tree (*mandar*) is applied over syphilitic buboes twice a day to disperse them

3 The poultice of the leaves of *Acalypha indica* (harita manjari) is applied over syphilitic ulcers

4 The powder or the ash of the dry bark of the Pipal Tree is a useful dust over syphilitic ulcers

5 The *swaras* of *Eclipta alba* (bhangra) or a mixture of this *swaras* and the *swaras* of the leaves of the Spanish Jasmin (chameli) is very efficacious for washing syphilitic eruptions and buboes

6 The poultice made of the bulb of the Tuberose (gul chhadi) made with the juice of the Dhuh Grass (hariati) is a useful application over syphilitic buboes

7 The paste made of the roots of *Plumbago zeylanica* (chitraka) with the juice of neem leaves is applied over syphilitic buboes

8 The warm poultice made of boiled onions, turmeric powder and *ghee* is applied over syphilitic buboes

9 The paste made of the roots of *Luffa acutangula* (torai) with cold water or the paste made of the leaves applied over syphilitic buboes subides them in a short time

10 The poultice of the seeds of the Sann Hemp (shana) helps in bringing syphilitic buboes to a head

11 The paste made of the bark of the Pomegranate Tree is applied over syphilitic ulcers.

12 The juice of the branches of the Prickly Poppy (bharband) is locally applied over syphilitic eruptions

13 The powder of the leaves of the Babul Tree is dusted over syphilitic eruptions

14 The oil from the seeds of *Jatropha curcas* (jungli erandi) is very useful in healing syphilitic buboes that have burst open, a compress saturated with the oil, which must be very old and not freshly drawn, is placed over the open buboes, the compress should be kept wet with the oil, the compress should be changed twice a day

15 The thick poultice made of the plant of *Cassia tora* (chakund) is very efficacious in bringing syphilitic buboes to a head, the poultice should be changed every morning

16 The infusion of the macerated roots of *Cassia fistula*

(amaltas) is very useful for washing syphilitic ulcers, the healing process is very much accelerated

17. The poultice of the boiled seeds of the Cluster Bean (gaurani) is applied over venereal buboes

18. The poultice of the roots of Aloe barbedensis (lumar) mixed with cow's urine is applied twice a day over syphilitic buboes it is particularly efficacious when the bubo is infested with maggots

19. The compound decoction of the barks of the Pipal Tree, the Banyan Tree (vata), Ficus racemosa (gullara), Ficus tsiela (pippari) and the Rattan Cane (chachibet) is a very efficacious wash for cleaning and healing syphilitic ulcers

B—DRUGS TAKEN ORALLY

1. The decoction of the roots of the Dhub Grass (hariali) is given in secondary syphilis

2. The powder of the plant of Centella asiatica (brahmi) is given in 3 to 5 grain doses three times a day in syphilitic diseases

3. The paste of the roots of the Prickly Poppy (bhar bhand) is an efficacious remedy in early stages of the infection the paste is made with water the strained liquid is taken at the same time the yellow juice of the branches is applied over the eruptions. The treatment is to be continued for a week

4. The juice of the roots of Achyranthes aspera (apamar ga) is given in 10 oz doses with 135 grains of cummin seeds (jira)

5. The *swaras* of the bark of the Mango Tree is given with goat's milk

6. The juice that exudes from a deep cut made in a very thick root (about 3 to 4 inches in diameter), of Ficus racemosa (gullara) is an efficacious remedy in venereal diseases, about 1½ oz of the juice is given with cummin seeds (jira) and sugar; the dose depends on the capacity of the patient. The root is preferably cut in the evening. The juice can be stored for a long time.

7. The juice of the leaves of the Bonduc Nut (putikaran) is given with *ghee* the diet should consist of rice and *ghee*

8 The powder of the root of *Calotropis gigantea* (akhda) is given in doses of 20 grains three times a day with sugar

9 The *phant* of neem bark is very efficacious, half a pound of the bark is infused in 2 lb of boiling water overnight in a closed non metallic vessel 1½ oz of this infusion is taken once or twice a day, according to the capacity of the patient, for a fortnight, the diet should consist of *ghee*, sugar and bread.

10 The tuberous root of the Teri Pods (*vankeri mul*) is a useful drug in syphilis, 50 grains of the root made into a paste with milk is taken orally, at the same time the paste is applied locally over syphilitic eruptions

11 The following standard preparations are given in venereal diseases,

- i) The *chobachini ateli* it is given in doses of 180 grains twice a day,
- ii) The *chobachini churna*, it is given in 90 grains doses with tepid water

DISEASES OF THE TEETH

A—GENERAL (TOOTH-ACHE)

1 The powder of the dried root bark of *Embelia ribes* (*vidanga*) is applied to the aching tooth

2 A piece of the gum from the trunk of the Babul Tree or the Horse Radish Tree (*shigru*) placed near the aching tooth brings quick relief from pain

3 Inhalation of the smoke from the burning seeds of *Solanum xanthocarpum* (*kantakarika*) is one of the best remedies for giving relief from pain, however severe the tooth ache be, a vessel with a hole at the bottom is inverted over the seeds placed over live charcoal in an earthen container, the smoke is inhaled through a pipe introduced through the hole in the vessel

4 For relief of tooth ache the *swaras* of the leaves of the Indian Coral Tree (*mandar*) mixed with a little honey is applied to the aching tooth

5 A drop of clove oil is applied over the aching tooth

6 A mouth wash of the infusion or the decoction of black pepper relieves tooth ache

ii) A local application of the paste acts as an anodyne

7 Cotton wool soaked in the juice of *Portulaca oleracea* (kulfa) placed on the aching tooth relieves pain

8 The paste of the bark of the Horse Radish Tree (shigru) and cumin seeds (jira) is kept in the mouth for relief of tooth ache

9 The juice of the leaves or of the plant of *Barleria prionitis* (katshareya) mixed with a little salt applied to the gums brings quick relief from tooth ache

10 The bark of *Myrica nagi* (katphala) is chewed for relief of tooth ache

11. The juice of *Achyranthes aspera* (apamarga) is an efficacious gum paint for relief of tooth ache

12 For the relief of tooth ache the seeds of onions are either smoked in a pipe or are kept in the mouth near the aching tooth

13 *Dikanala* is applied locally to get relief from tooth ache

14 The milky juice from the stem of the Banyan Tree (vata) applied to the aching tooth gives quick relief

15 The decoction of the root of the Neem Tree or of the Catechu Tree is a very efficacious gargle, the decoction should be retained in the mouth for some time

B—DENTAL CARIES

1 The decoction or infusion of the roots of the Horse Radish Tree (shigru) is a very useful gargle for the cure of dental caries

ii) The mixture of the gum from the trunk of the tree and sesame oil placed in the dental cavity gives quick relief from pain

2 A small pill made of opium and fried asafoetida or of a paste of dhatoora seeds placed in the dental cavity gives quick relief from pain

3 The milky juice of *Calotropis gigantea* (akda) applied to the carious tooth stops pain very quickly

4 The juice of *Achyranthes aspera* (apamarga) applied to the dental caries relieves pain

5 The leaves or roots of *Barleria prionitis* (katshareya) are masticated and the bolus kept near the aching carious tooth gives great relief, the roots are also used as tooth sticks

6 A piece of the root or branch of *Anacyclus pyrethrum* (akallak) kept near the carious tooth brings great relief

7 The mixture of ginger and roasted alum applied to the aching tooth two or three times a day gives relief from pain

8 Fumigation of the mouth with the smoke arising from burning dried fruits of *Solanum xanthocarpum* (kantakarika) stops the pain of the carious tooth

C—MAGGOT INFESTED TEETH

1 Pills made of equal parts of the leaves of the Indian Sarsaparilla (*ananta*) and of *Sida cordifolia* (*bala*) are placed in the mouth for removing maggots infesting the teeth, these pills also give relief in tooth ache and make the teeth firm

2 The mastication of the leaves of *Barleria prionitis* (katshareya) removes maggots from the teeth

3. Fumigation of the mouth with the fumes from hot pieces of onions soaked in sesame oil induces profuse expectoration and thus aids quick removal of maggots infesting the teeth, oil soaked onion pieces are placed in a container which is kept over a fire, the cover of the container is provided with a hole through which the patient inhales the hot vapours and fills his mouth with them

4 Fumigation of the mouth by inhaling the fumes from the ripe fruits of *Trichosanthes bracteata* (*indravaruni*) placed on a hot plate induces expectoration of maggots infesting the teeth.

5 Inhalation of the smoke arising from the powder of the fruit of *Solanum xanthocarpum* (kantakarika) placed on live charcoal and retaining the smoke in the mouth for some time induces expectoration of maggots infesting the teeth

6 A piece of camphor or of fried asafotida or of the

bark of the Bitter Luffa (kadvi torai) placed near the infested tooth draws out the maggots

D—PYORRHOEA

(Purulent discharge from the gums)

AND SHAKY TEETH

1 Mastication of the leaves of *Vitex negundo* (indran) cleanses the teeth and makes loose ones firm

2 The aerial roots of the Banyan Tree (vata) or the tender shoots and the roots of *Salvedora persica* (pilu) used as tooth sticks relieve tooth ache and make shaky teeth firm

3 The decoction of the leaves of *Abutilon indicum* (kanghi) used as a mouth wash is efficacious for cleaning the teeth and making them firm.

4 Mastication of the unripe fruit or of the bark of *Mimusops elengi* (borsali) makes shaky teeth firm

ii) The decoction of the bark used as a gargle makes shaky teeth firm

iii) The powder of the seeds is used as a dentifrice

iv) The macerated roots are taken with milk, this is efficacious in making firm the shaky teeth of even old people

v) The mixture of 180 grains of the fresh flowers, 45 grains of sugar and 3 almonds is taken followed by a drink of a little water, this treatment taken twice a day for three days will make firm the teeth which have become prematurely shaky

5 The pill made of equal parts of the tubercles of the Nut Grass (nagarmusta) chebulic myrobalan (harada) ginger, black pepper, long pepper (pipli) *Embelia ribes* (vidanga) and neem leaves is kept in the mouth before going to bed and retained the whole night, the pill is made by macerating together all the ingredients with cow's urine, the pill is dried in shade

6 The decoction of the leaves of *Barleria prionitis* (katshareya) used as a mouth wash makes loose teeth firm

7 The standard preparation *udumbar patrasar* applied

to the gums and teeth is an efficacious remedy for pyorrhoea and loose teeth.

8. The dentifrice made of equal parts of the galls of the Gall Nut (mayaphala), alum and white catechu used twice a day makes firm shaky teeth.

9. The dentifrice made of the powder of long pepper (pipli), cumin seeds (jira) and rock salt makes shaky teeth firm and also relieves swelling and pain.

E—MISCELLANEOUS

1. The powder of the root-stock of *Alpinia galanga* (kulanjan) mixed with honey is an efficacious dentifrice in dental diseases.

2. The fine ash of the burnt shells of almonds mixed with a little salt or with the ash of the burnt bark of the Babul Tree is a very useful dentifrice to make teeth strong and firm.

3. The powder of the inner bark of *Mimusops elengi* (borsali) is a useful dentifrice.

4. The powder of areca nut burnt to charcoal or the bark of the Palmyra palm (tada) burnt to charcoal is a useful dentifrice.

5. The paste made of the flowers of *Woodfordia fruticosa* (dhataki), long pepper (pipli), the juice of emblic myrobalan (amla) and honey is rubbed on the gums of children to encourage easy cutting of teeth.

THIRST

A—GENERAL

1. The decoction of turmeric given with sugar and honey is a useful drink in thirst due to cough.

2. The infusion of the leaves of the Tanner's Cassia (tarwar) is a cooling drink.

3. The infusion prepared as follows is a very satisfying drink in thirst due to a feeling of burning in the throat; equal parts of coriander seeds (dhanya), *Adhatoda vasica* (vasa),

emblic myrobalan (amla), black raisins, *Tumaria parviflora* (pittpada) are lightly pounded and infused in an earthen vessel, the infusion is taken the following day

4 The infusion of coriander seeds (dhanya) taken with honey and sugar from time to time is a very satisfying drink when one feels repeatedly thirsty

5 The sherbet of emblic myrobalan (amla) taken with sugar or honey quenches the thirst of sick people

6 The following preparation is very useful for quenching thirst, 1 lb each of milk and water and 1 oz of the powder of *Withania somnifera* (ashwaghandha) are boiled together till the water evaporates, the cold mixture is taken, curds prepared from this milk are also efficacious for quenching thirst.

7 The milk which has been boiled with the tender shoots of the *Pipal Tree* taken with sugar is a cooling and nutritious drink.

8 The infusion prepared from equal parts of coriander seeds (dhanya), fennel seeds (madhurika), the flowers of *Bauhinia variegata* (kanchanara) rose buds, cardamoms, cubebs (kabab-chini) and almonds and a little black pepper is a very satisfying drink it is sweetened to taste before taking

9 The decoction of the red succulent calyx of the Red Sorrel (patwa) taken with a little salt, fried asafoetida, black pepper and *gur* is very useful for quenching thirst, especially if the thirst is due to windiness, dyspepsia, etc., the decoction made of the dried calyx is equally satisfying

10 Barley water prepared by boiling a tablespoonful of powdered pearl barley (yawa) in 4 pints of water till the liquid is reduced to half is a very satisfying drink, to the decoction can be added sugar and lemon juice this drink is particularly useful for quenching thirst in fevers, catarrh, diarrhoea, etc

ii) The thin gruel made of the flour of roasted barley and water satisfies thirst

11 The mucilage obtained by infusing the seeds of the Sweet Basil (babuntulsi) taken with sugar is a satisfying cooling drink, especially in catarrh, diarrhoea, dysentery, nephritis, gonorrhoea, etc

12. The gruel made of parched rice is a cooling drink, especially in intestinal disorders.

13. Rice water given with honey quenches thirst.

14. Coconut water to which has been added a small quantity of the powder of sandalwood is a very useful drink in insatiable morbid thirst.

15. The sherbet of ripe tamarind (imli) makes a very satisfying drink for quenching thirst especially in summer.

ii) The infusion of ripe tamarind to which has been added black pepper, sugar, cloves, cardamoms and camphor to taste is an agreeable cooling drink.

16. The infusion or the weak decoction of fenugreek seeds (methi) satisfies thirst in dysentery.

17. A drink of the milk decoction of *Withania somnifera* (ashwaghandha) is very useful for quenching thirst; an ounce of the powder of this drug is boiled with the mixture of milk and water, 1 lb each, till all the water has evaporated; the strained liquid is taken.

18. If thirst is due to excessive use of alcohol a drink of a decoction of the roots of the Khus khus Grass (khus) or of a decoction of the tubercles of the Nut Grass (nagarmusta) is very satisfying.

19. The decoction of black raisins and liquorice root (madhuka) is a satisfying drink

20. Milk taken with ghee is a satisfying drink.

21. The decoction of liquorice root (madhuka) quenches thirst.

ii) A piece of the root kept in the mouth satisfies thirst.

22. To satisfy the thirst due to heat the infusion of ispaghul seeds is very efficacious.

B—THIRST DUE TO FEVER

See "*Fevers—F*".

DISEASES OF THE THROAT AND LARYNX

1. In relaxed sore throat and other throat diseases the decoction of the bark or of the leaves of the Babul Tree is used as an astringent gargle and mouth wash.

2 In relaxed sore throat and hoarseness of voice a piece of catechu gives great relief if kept in the mouth and the juice slowly swallowed, if preferred it may be coated with a little s-same oil

3 Lozenges made of the root stock of the Sweet Flag (vacha) are sucked *ad libitum* in sore throat to clear the voice

4 Garlic pickled in vinegar is given for relaxed sore throat and loss of voice

5 The infusion or the decoction of the leaves of the Flame of the Forest (palasa) is an excellent gargle for septic and congested throat.

1) The paste of the fresh gum from the trunk of the tree is applied inside the congested throat

6 The decoction or the infusion of the tender roots of the Coconut Palm is used as an astringent gargle in sore throat

7 Indian bdellium (guggul) is used as a gargle for ulcerated throat.

8 The decoction of the figs of *Ficus racemosa* (gullara) is an efficacious gargle in sore throat

1) The decoction of the barks of *Ficus racemosa* and of *Myrica nagi* (kaiphala) is an efficacious gargle for relieving congestion of the throat

9 The decoction or the infusion of the roots of the Horse Radish Tree (shigru) is used as a gargle in sore throat

10 The infusion of black pepper used as a gargle relieves congestion of the throat, it also clears the voice if it has become hoarse

11 The leaves of the Jujub Tree (ber) and of other species of *Zizyphus* fried in *ghee* are taken with a little rock salt, they are very efficacious for sore throat and hoarseness of voice

1) The clean root, slowly sucked, is equally efficacious

12 A drink of hot milk with 10 grains of the root stock of the Sweet Flag (vacha) relieves congestion of the throat and clears the voice

1) The decoction of the root stock used as a gargle and mouth wash relieves congestion of the throat and restores the voice

- iii) A piece of the root stock may be slowly sucked for clearing the throat

13 A gargle of tamarind water is very efficacious in sore throat.

14. The confection made of beleric myrobalan (bahira), rock salt, the roots of the Long Pepper (pipili), cloves, liquorice root (madhuka) and chebulic myrobalan (harada) with honey or sugar is retained in the mouth and the juice slowly swallowed for relief of sore throat and hoarseness

15. The powder of emblic myrobalan (amla), rock salt and long pepper (pipili) mixed with honey is given in sore throat and hoarseness of voice

16 The mixture of 30 grains of powdered chebulic myrobalan (harada), 45 grains of honey and a little rock salt is taken in the morning in sore throat and hoarseness of voice

17 In sore throat and other diseases of the throat the pulp of wood apple (kawitha) is very efficacious

18 The compound decoction of the barks of *Mimusops elengi* (borsali), the Tamarind Tree (imli) and the Catechu Tree (khadirsar) is an excellent gargle and mouth wash in sore throat, the decoction should be used many times a day

19 A drink of hot milk mixed with powdered emblic myrobalan (amla) or with sugar and powdered black pepper clears the throat, relieves hoarseness and restores loss of voice

20 The paste made of the powder of the roots of *Sida cordifolia* (bala) with honey is kept in the mouth and slowly swallowed relieves hoarseness of the throat and clears the voice

21 A drink of the milk which has been boiled with a spoonful of gram without removing the seed coat is very efficacious in relieving hoarseness and restoring the loss of voice, to the strained mixture powdered turmeric is added before it is taken.

22 A piece of the root stock of *Alpinia galanga* (kulianjan) slowly sucked and the juice swallowed gives great relief in hoarseness of the throat and loss of voice

23 In hoarseness and loss of voice the powder of long

pepper (pīplī) is given in doses of 5 to 10 grains mixed with honey

- 11) Long pepper given as prescribed for the cure of abdominal tumours is a very efficacious remedy see Abdominal Tumours No 11

24 In loss of voice and sore throat liquorice root (ma dhuka) is very efficacious it is given as a powder in doses of 10 to 30 grains or as a decoction prepared by boiling 1 oz of the root, after removing the bark in one pint of water for a few minutes

25 The compound powder of the berries and the roots of the Long Pepper (pīplī), black pepper and ginger mixed with cow's urine is given for hoarseness and loss of voice

26 A mixture of *ghee* and black pepper taken after meals restores the loss of voice

27 A drink of the decoction of mango leaves restores the loss of voice

TONICS

1 The compound powder of equal parts of the seeds of the Cowhage (kinvach) the fruit of *Argyrea speciosa* (samī dra sosh), the root stock of the Sweet Flag (vacha) and sugar given in doses of 5 to 10 grains is a useful tonic in debility

2 The confection made of the seeds of the Cowhage (kinvach) with milk is an efficacious tonic for making the body strong and virile 12 oz of the seeds are boiled with 8 lb of milk to a thick consistency this thickish mixture is cooked with *ghee* and sugar till a confection is formed this confection is given in doses of 1 to 2 oz.

3 In debility after an attack of fever the decoction of *Ipomoea reniformis* (akhupani) *Vernonia cinerea* (sabadevi) and black pepper is very useful

4 The powder of the bark of *Tecomella undulata* (rug trora) given in doses of 45 to 90 grains with a cup of hot milk is an efficacious tonic in debility and loss of weight, the decoction of the bark or of the leaves is equally efficacious

5 *Tinospora cordifolia* (gudunchi) is very useful as an invigorating tonic in general debility

- i) Its extract *Gudunchi satva*, is given in doses of 60 to 180 grains it can be taken with milk and sugar
- ii) The *phant* or decoction of the branches is particularly useful in weakness following an attack of fever the dose generally is 1 to 4 oz but a larger dose of 6 oz can be given the effect of the *phant* or decoction is slow but certain
- iii) The herb is given in the form of a confection 4 oz of the finely powdered stem is made into a confection with 4 oz of *gur*, and 6 oz each of *ghee* and honey *gur* is first cooked with *ghee* the very fine powder of the stem and honey are added to the cooked mixture the dose of this confection depends on the digestive capacity of the patient easily digestible food should be given to the patient

6 As a restorative and invigorating tonic *Sida cordifolia* (bala) is very useful

- i) The fresh leaves are eaten regularly every morning
- ii) The decoction of the roots is particularly beneficial when the body has become emaciated
- iii) The powder of the root bark is given in doses of 20 to 40 grains with milk honey and *ghee* this is of special value in senile debility

7 The preserve made of the flowers of the Shoe flower (jasun) is an excellent nutritive tonic (see Cough A No 9)

8 The powder of the shade dried *panchang* of the Flame of the Forest (palasa) is given in 90 grain doses twice a day with honey and *ghee* it is particularly efficacious in debility due to age this treatment should be taken for a long time

9 The powder of *Centratherrum anthelminticum* (somraji) in doses of 20 to 25 grains is an excellent nutritive tonic

10 *Withania somnifera* (ashwaghandha) is an efficacious tonic.

- i) One ounce of the finely powdered root or the decoction of the root is cooked with 1 lb of milk and 4 oz of *ghee* till all the water has evaporated this

medicated *ghee* is useful as a tonic particularly for children

- i) Three fourths of an ounce of the powder of the root is given with a cup of milk and a little *ghee* to children as a tonic.
- iii) The decoction of the root is very useful as a tonic for expectant mothers

11 Almonds are very useful as a tonic

- i) Blanched almonds are macerated and boiled with milk to make a semi solid mass this mixture is taken with sugar and *ghee*
- ii) Roasted blanched almonds are eaten with sugar followed an hour later by a mixture of *ghee* and sugar
- iii) Blanched almonds soaked in honey overnight are taken the following morning
- iv) Almond oil applied to the head three times a day is an efficacious tonic

12 The fresh juice of emblic myrobalan (*amla*) is taken with *ghee* as a restorative tonic

13 The compound mixture of half a drachm each of *Asteracantha longifolia* (*talimkhana*) and of the seeds of emblic myrobalan (*amla*) and 15 grains of *gudunchi salva* taken with *ghee* and sugar every morning is a very useful nutrient tonic

14. Chiretta is an efficacious tonic, especially in debility after an attack of fever

- i) 2 oz of the infusion made of 2 oz of pieces of the stem pickled for a week in a bottle of sherry are taken every day an hour before meals.
- ii) The *phant* made by infusing 1 oz of chiretta and 60 grains each of cloves and cinnamon in a pint of boiling water for six hours is given in doses of 2 oz every day
- iii) The powder of equal parts of chiretta and cloves is efficacious as a tonic

15 The seeds of the Water Cress (*ahali*) are taken with *ghee* and sugar as a restorative tonic

- i) A confection of the seeds is made by boiling them with milk to a semi solid consistency, the confection is taken with sugar or *gur*

16 The kernel of cotton seed is taken in 2 drachm doses with milk as a nervine tonic

17, The syrup made of betel leaves with the addition of spices is taken in 1 oz doses three times a day as a useful tonic in general debility

18 The mucilage obtained by infusing 45 to 90 grains of the seeds of *Asteracantha longifolia* (talimkhana) in water is an efficacious tonic.

19 The juice of the fruit of *Tribulus terrestris* (chhote gokhru) is given in 10 to 30 grain doses as a tonic

20 The *swaras* of *Centella asiatica* (brahmi) taken with milk is an efficacious brain tonic

21 Long pepper (pipli) is an efficacious tonic

i) Five to ten long peppers are taken regularly with honey and ghee for a long time

ii) The berries are taken according to the method known as *pīplī wardhman* see Alternatives No 15-ii)

22. The powder of *triphala* taken with ghee or honey or long pepper (pīplī) is a useful tonic

23 The decoction of neem leaves is an efficacious bitter tonic, especially in liver disorders, 4 oz of the leaves are boiled in 2½ lb of water

ii) Nimb safra is given in doses of 5 to 15 grains twice a day as a tonic in debility after an attack of fever

24 Seeds of water melon (kaling) without their seed coats taken in doses of 90 grains with an equal quantity of sugar are a nutritive tonic

25 The powder of the bulbous root of the Four o' Clock Flower (gulabbas) is a nutritive tonic, it is fried with ghee and spices and taken with milk

26 The powder of the bark of *Albizia lebbek* (sirisha) taken regularly in 15 grain doses with 1 to 2 oz of ghee invigorates the body

27 One betel leaf taken each day regularly for a couple of months with the powder of 10 black peppers followed by a drink of cold water helps in putting on weight

28 As a brain tonic the mixture of equal parts of the

powder of emblic myrobalan (amla) and sesame seeds (til) taken with *ghee* and honey is very efficacious.

29 The powder of the roots of *Argyrea speciosa* (samudrasosh) taken with *ghee* invigorates the body

30 An ounce of the powder of the roots of *Boerhaavia diffusa* (punaraava) taken with milk for a long time is a good tonic in debility due to age

31 The milk in which dates have been infused is given as a nutritive tonic to infants and children, the milk should be strained before it is given

32 Each of the following standard preparations is very efficacious as a tonic

- i) *atmaguptadi churna*,
- ii) *vrudhdand churna* it is given in doses of 90 to 180 grains followed by a drink of milk, it is particularly useful in acute weakness,
- iii) *vidari churna*,
- iv) *vidarikadi churna*, it is given in doses of 90 grains,
- v) *eladi churna*, it is given in doses of 5 to 20 grains three times a day,
- vi) *rasayan churna*, it is given with *ghee* and sugar in the morning,
- vii) *vanarivatika*

DISEASES OF THE TONSILS

1 The decoction of the leaves and flowers of *Heliotropium indicum* (hastisunda) is very useful in tonsillitis, a cupful of the decoction is taken every two hours, the decoction is also used as a gargle

2 Indian bdellium (guggul) is used as a gargle in chronic tonsillitis

3 The decoction of the bark of the Mohwa Tree (mahuva) is an excellent gargle for acute and chronic tonsillitis

4 Ginger is chewed for relief of relaxed tonsils

5 The lozenge made of catechu with babul gum and sugar is kept in the mouth in tonsillitis.

6 The paste of tamarind seeds made with cold water is locally applied

URINARY DISEASES

A—GENERAL

1 Both *Pedalium murex* (gokshuraka) and *Tribulus terrestris* (chbhot gokhru) are excellent drugs for the cure of urinary diseases, the following preparations of either of these two herbs are efficacious

- i) The mucilage that exudes when the fresh herb is infused in water is given with sugar, only the freshly prepared mucilage should be given whenever required
- ii) 10 to 15 grains of the pill mass made of 2 parts of *shilajit*, 5 parts of the herb and 2 parts of honey are given
- iii) The compound powder of 4 drachms of the herb, 3 drachms of chebulic myrobalan (*harada*) and 3 drachms of emblic myrobalan (*amla*) is given in half to 1 drachm doses
- iv) The standard preparation *gokshuradi avleh* is a very efficacious remedy, especially in strangury, retention of urine, passing of blood with urine and similar other urinary diseases

2 The herb *Portulaca cleracea* or *P. quadrifida* (*kulfa*) is eaten as a pot herb

3 *Tinospora cordifolia* (*gudunchi*) is an efficacious drug in urinary diseases

- i) Its *swaras* is given in doses of 1 to 2 oz with honey or milk three times a day
- ii) Its extract, *gudunchi satva*, is given in 30 grain doses with half a pound of milk or with *triphala* and sugar.

4 The mucilage obtained by infusing 45 to 90 grains of the seeds of *Asteracantha longifolia* (*talimkhani*) in water is given.

5 The *phant* made of sesame seeds (*til*) and liquorice root (*madhuka*) is given in small doses several times in the course of a day

6 The infusion of half to one ounce of the seeds of quince (*amritphala*) made overnight is given in the morning with sugar in urinary diseases

7 The powder of the dry flower buds of *Alangium salvinifolium* (*ankola*) is given with emblic myrobalan (*amla*) turmeric and honey this mixture is useful in all kinds of urinary diseases

8 The juice of emblic myrobalan (*amla*) in doses of 90 grains to 1 oz is given with 45 grains of turmeric powder and half an ounce of honey

9 Half a pound of the juice of the fresh leaves of the Emblic Myrobalan (*amla*) is given with an equal quantity of butter milk

10 The powder of *triphalā* is given with *ghee* and honey, this powder should not be given for a long time.

11 The root of the Teri Pods (*vankerī mul*) is an efficacious drug in urinary diseases, especially when the flow of urine is intermittent or the quantity passed each time is very small or the colour is blood red or there is a burning sensation in the urinary tract at the time of passing urine the paste made of 20 to 45 grains of the root with water or milk is given with 2 oz of milk this treatment should be continued for a long time

12 A drink of hot milk with *gur* or with sugar and *ghee* is useful in urinary diseases

13 The seeds of the Red Gourd (*kaddu*) are given in doses of 4 to 8 drachms with honey

14 The mixture of the powder of cardamoms and fried asafoetida is given in doses of 6 grains with *ghee* and milk in urinary diseases

15 The decoction of the bark of the Jambul Tree (*jambu*) is efficacious in urinary diseases

16 The flesh of the ripe pods of *Pithecolobium dulce* (*vilayati mli*) is given in urinary diseases

17. Flower buds of *Bauhinia tomentosa* (ashmantaka) are given with sugar

18. The decoction of *Dolichos biflorus* (kulitba) is given in urinary diseases

19. The juice of *Solanum xanthocarpum* (kantakarika) given in doses of 6 oz with honey is a very efficacious remedy

20. The powder of sandalwood taken with rice water and sugar followed by a drink of cold milk brings quick relief in urinary diseases, such as the presence of blood in urine, a burning sensation in the urinary tract, etc.

21. The seeds of the Water Cress (ahaliv) are an efficacious drug for the cure of urinary diseases

i) The seeds are given in doses of 10 to 20 grams.

ii) A preserve is made of the seeds by cooking them with milk to a gruel like consistency, sugar and gur are added to this cooked mixture

22. The confection made of the flowers of the Shoe Flower (jasum) is very efficacious for the cure of urinary diseases, (see Cough A No 9)

23. The decoction of the tender shoots of the Banyan Tree (vata) given with honey is very efficacious in urinary diseases.

24. The tender leaves of the Babul Tree and cumin seeds (jira) macerated together in milk are given twice a day with sugar for the cure of urinary diseases.

25. Berries of the Persian Lilac (bakayan) macerated in rice water are given with ghee for quick relief in urinary diseases.

26. The following standard preparations are very efficacious for the cure of urinary diseases

i) *rasayan churna*;

ii) *pashanbhedadi churna*.

B—DIURESIS OR EXCESSIVE URINATION.

1. The juice of fresh ginger taken with sugar twice a day checks excessive secretion.

2. The compound decoction of *triphala*, the leaves of the

Bamboo the tubercles of the Nut Grass (nagamusta) and the roots of *Cissampelos pareira* (patha) given with honey is an efficacious remedy

3 The seeds of the Niger Seeds (kala til) taken regularly every morning in doses of 3 to 4 oz checks excessive secretion or involuntary discharge of urine

4. The decoction of the fresh or dry leaves of the Bamboo is given twice a day

5 The decoction of the flowers of *Cassia fistula* (amaltas) given in 2 to 3 oz doses checks excessive urination

6 To check excessive urination the leaves of the Loranthus (banda) are a very efficacious drug

i) The powder of the leaves is given in 45 grain doses

ii) The decoction of the leaves is given in 90 to 180 grain doses

7 The paste made of the wood of *Berberis asiatica* (daruharidra) with half a pound of the leaf juice of the Emblic Myrobalan (amla) is given with 2 oz of sugar to check excessive urination

8 The decoction of the root stock of *Alpinia galanga* (kulanjan) is given twice a day for controlling excessive urination

9 The pill mass made of 4 parts each of nutmeg (jajphala) and opium and one part each of camphor and musk is given in doses of 2 grains each time for the control of excessive urination

10 Half a pound of the juice of the plants of the Fenugreek (methi) mixed with 20 grains of catechu and 6 grains of sugar is given for checking oversecretion of urine

C—DYSURIA

(Difficult and painful micturition) and

STRANGURY

(Spasmodic condition of micturition characterised by a frequent and urgent desire to pass urine it is passed in drops in painful spasms)

1 The decoction of one of the following drugs is given in

dysuria and strangury as a diuretic to ensure a normal flow of urine

- i) Onions,
- ii) The seeds of the Red Sorrel (patwa), 1 to 2 drachms of the decoction are given three or four times a day,
- iii) The seeds of the Flame of the Forest (palasa), the decoction is given in doses of 1 oz with a little saltpetre,
- iv) Catechu,
- v) The roots of *Adhatoda vasica* (vasa),
- vi) The fruits of *Tribulus terrestris* (chhote gokhru) or of *Pedaliu murex* (gokshuraka), the decoction is given in doses of half to one ounce with impure carbonate of potash,
- vii) The tender twigs of the Jujub Tree (ber)

2 Nutmeg (juphala) taken in small quantities at frequent intervals relieves strangury

3 Emblic myrobalan (amla) is a very useful drug in strangury and dysuria, the juice of the fruit is given in 6 oz doses with *gur* or with powdered cardamoms or with sugarcane juice

4 The mucilage obtained by infusing the fresh leaves or the stem of either *Pedaliu murex* (gokshuraka) or of *Tribulus terrestris* (chhote gokhru) is a very efficacious remedy, this mucilage should be taken as soon as it is formed

5 The paste of sandalwood is given with rice water, honey and sugar

6 The paste of the seeds of *Achyranthes aspera* (apamarga) is given with whey

7 The paste of cardamoms or the mixture of roasted borax and carbonate of potash is given with the juice of the roots of the Plantain Tree.

8 The paste made of *trikatu*, the fruit of *Tribulus terrestris* (chhote gokhru) and *Embelia ribes* (vidanga) with honey and cow's urine is very efficacious for the cure of strangury and dysuria, pills are made out of the paste, each of the size of the fruit of the Jujub Tree (ber)

9 The seeds of the Teak Tree (sagvan) are a very efficacious drug

- i) One or two seeds macerated with rice water are given with sugar
- ii) 25 grains of the powder of the seeds are taken with a mixture of equal quantities of milk and water

10 The compound powder of the husked seeds of cucumber, liquorice root (madhuka) and the wood of Berberis asiatica (daruharidra) is given with rice water

11 Plants of Portulaca quadrifida or P oleracea (kulfa) eaten as a vegetable are very efficacious in strangury and dysuria

12 The milk in which the root of Jasminum auriculatum (jub) has been boiled is an efficacious drink for the cure of strangury

13 One seed of the Asoka Tree (asoka) is given in the form of a paste for the cure of strangury

14 The powder of the bark of the Silk Cotton Tree (semal) is given with sugar in strangury

15 The powder of the root of Boerhaavia diffusa (punar nava) is given in 30 grain doses three times a day, as a diuretic in strangury

16 A poultice of the flowers of the Flame of the Forest (palasa) boiled in water is applied over the pubic and abdominal regions to promote a free flow of urine in strangury

17 The seeds of Celosia argentea (sufaid murgha) given with buttermilk are very useful in strangury

18 Raisins and sugar taken with the upper layers of curds are a cure for strangury

19 A drink of milk which has been boiled with gur is efficacious in inducing a free flow of urine in strangury

20 The swaras of the leaves of the Indian Coral Tree (mandar) is given in doses of 3 to 4 drachms twice a day to relieve painful micturition

21 The swaras of Tinospora cordifolia (gudunchi) is given in doses of 2 to 3 drachms with honey gudunchi satwa given with milk is equally efficacious

22 The powder of cucumber seeds given with the juice of raisins induces a free flow of urine and relieves pain

23 The *swaras* of the leaves of the Holy Basil (tulsi) is given in doses of 18 grains

24 The juice of the underground stem of the Plantain Tree is given with cow's urine

25 Curds with the addition of sugar are given

26 The infusion or the decoction of raisins given with sugar relieves painful micturition and induces a free flow of urine

27 The juice of water melon (kaling) given in 1 lb doses with the addition of some sugar and cumin seeds (jira) encourages an easy flow of urine free from pain

C—RETENTION OF URINE

1 The Flame of the Forest (palasa) is an efficacious drug for promoting a free flow of urine

- i) The hot steamed leaves or flowers are used for fomenting the abdominal and pubic regions, these flowers or leaves when comfortably hot are also bandaged on these parts of the body
- ii) The decoction of the seeds or the infusion of the flowers is given with saltpetre

2 The leaves of the Cocklebur (aristha) or of Ipomoea paniculata (vidarikand) soaked in boiling water are used for fomenting the abdominal and pubic regions of the patient when the leaves are comfortably hot they are bandaged over these regions

3 The paste of emblic myrobalan (amla) and saffron made with rose water is applied over the navel and the pubic region

4 The Teak Tree is an efficacious drug to induce a free flow of urine

- i) The poultice of the seeds is applied over the navel and the pubic region
- ii) Goat's milk boiled with the roots is given with sugar

5 Tomentation of the pubic and abdominal regions with the plant of *Bacopa monniera* (*nira brahmi*) causes a free flow of urine

6 The poultice of the tender leaves of the Radish (*muli*) made with saltpetre applied over the navel is very efficacious.

7 A hip bath of the hot decoction of the leaves of *Vitex negundo* (*andran*) brings quick relief

8 The paste of the powder of emblic myrobalan (*amla*) is applied on the pubic region

9 The hot poultice of the leaves of *Boerhaavia diffusa* applied over the navel and the pubic region induces a free flow of urine in stoppage of urine.

10 The paste made of the bark of the Babul Tree with the milky juice of *Calotropis gigantea* (*akda*) applied over the navel and the pubic region relieves the bladder very quickly

11 The decoction of the leaves of *Portulaca oleracea* or *P. quadrifida* (*kulfa*) is given in half a spoonful doses twice a day to relieve the bladder in retention of urine

12 The fruit of the Devil's Claw (*bichbu*) taken with sugar is an efficacious diuretic in stoppage of urine

13 Both *Pedaliu murex* (*goksburaka*) and *Tribulus terrestris* (*chhote gokbru*) are equally efficacious drugs in retention of urine

- i) The powder of the fruit is given in doses of 45 to 90 grains
- ii) The decoction of the fruit or the herb is given with a little carbonate of potash
- iii) The compound decoction of the herb and coriander seeds (*dhanya*) is given with *ghee*
- iv) The mucilage produced from the fresh herb when infused in water is given with sugar and cumin seeds (*jira*) a freshly prepared mucilage should be given whenever required, the diet should consist of wheat, *ghee* sugar and the soup of lentils.

14 Cucumber seeds are given in 10 grain doses with rock salt and *conjee* in retention of urine, or 180 grains of the seeds are given boiled in half a pound of water

15 The mucilage obtained from ispaghul seeds given with sugar produces an easy flow of urine

16 The infusion of 180 grains of saffron made overnight in water is given in the morning with honey as a diuretic in retention of urine

17 If the stoppage of urine is due to fever the *swaras* of Aloe barbedensis (kumari) is very efficacious

18 The powder of the root stock of the Sweet Flag (vacha) is given, followed by a drink of equal parts of milk and water, to relieve retention of urine

19 The decoction of the roots of the Dhub Grass (barah) is a very efficacious diuretic in retention of urine, 1 oz of the roots is boiled with 16 oz of water till only 2 oz of the liquid remain, this quantity is given in one dose with sugar and honey

20 A drink of the milk which has been boiled with the roots of Jasminum auriculatum (juhi) is a very useful diuretic

21 The mixture of one part of the *swaras* of radish leaves (muli) and two parts of saltpetre is given in doses of 30 grains in stoppage of urine

22 The decoction of Adhatoda vasica (vasa) is given in retention of urine

23 The paste of the roots of the Custard Apple Tree (sharifa) made with water is given to induce a free flow of urine

24 The mixture of 1½ to 2 oz of the juice of the Plantain Tree and 1 oz of thinned ghee is a very efficacious diuretic, especially for women suffering from retention of urine

25 The juice of the plant of Momordica charantia (kareila) given in 4 oz doses with 180 grains of fried asafoetida is a very efficacious diuretic in retention of urine

26 The decoction of the dry mature leaves of the Banyan Tree (vata) given with honey is very efficacious in stoppage of urine.

27 The following standard preparations are given in retention of urine

- i) *lusuna kshira*,
- ii) *javani shadara*

E—SCALDING URINE

1 A *phant* of sesame seeds (*til*) and liquorice root (*madhuka*) is made by infusing them in boiling water for four hours it is taken in small quantities very often in the course of the day. It is very efficacious in scalding urine.

2 For the cure of scalding urine fresh emblic myrobalan (*amla*) is given with sugarcane juice.

3 The mixture of one part of the *swaras* of radish leaves (*mul*) and of two parts of saltpetre is given in 30 grain doses for the cure of scalding urine.

4 Sapota fruit taken with sugar gives relief in scalding urine.

5 The tender kernel of the palmyra fruit (*tada*) is eaten for the cure of scalding urine, the roots of the tree macerated in rice water given with sugar are equally efficacious.

6 The ash of the stalks of the Sesame Plant (*til*) or of the oil cake given with milk and honey is very useful in scalding urine.

ii) The decoction of sesame seeds is an efficacious drink, 2 oz of the seeds are boiled in 8 oz of water.

iii) The mixture of powdered sesame seeds and sugar is very efficacious.

iv) The *phant* of sesame seeds and liquorice root (*madhuka*) prepared by infusing the ingredients for 4 hours in boiling water is given in small quantities several times in the course of the day.

7 The roots of *Eclipta alba* (*bhangra*) given in 180 grain doses with salt relieve scalding urine.

8 The *swaras* of the leaves of *Abrus precatorius* (*gunja*) is given in scalding urine.

9 The mixture of 5 parts of *Berberis asiatica* (*daruhari*) 4 parts of *Oxalis corniculata* (*amrul*) and 3 parts of honey is given in 4 to 5 grain doses.

F—SUPPRESSION OF URINE

1 The *swaras* of *Solanum xanthocarpum* (*kantakarika*) is given in doses of 6 oz with honey in suppression of urine.

2 The *swaras* of the plant of *Momordica charantia* (kareila) is given in doses of 4 oz with 180 grains of fried *asafoetida*

3 The infusion of saffron made overnight is given with honey the following morning

4. The mixture of 15 grains each of the seeds of *Celosia argentea* (sufaid murgba) and sugar is given two or three times a day till the urine begins to flow freely.

5 Both *Pedalium murex* (gokshuraka) and *Tribulus terrestris* (chhote gokhru) are equally efficacious for the cure of suppression of urine.

1) The decoction of either of these two herbs and coriander seeds (dhanya) is given with *ghee*

2) The decoction of either of these herbs is given with *shilajit* and *guggul*, the gum resin of the Indian *Bellium*

6 Pills made of one part each of ginger, black pepper, long pepper (pipili) and *triphala* and four parts of *guggul*, the gum resin of the Indian *Bellium*, with the decoction of *Pedalium murex* (gokshuraka) or of *Tribulus terrestris* (chhote gokhru) are very efficacious in causing a free flow of urine

7 The mixture of 1½ oz of ginger, 6 oz of husked sesame seeds (til) and 3 oz of *gur* is taken with hot milk

8 Bamboo ash is given with rice water and sugar.

9 The decoction of *Adhatoda vasica* (vaca) is given

10 The mixture of *shilajit*, sugar and camphor is given

11 The mixture of cucumber seeds, rock salt and *triphala* is given with warm water

12 The paste of the roots of the Palmyra Palm (tada) made with rice water is given with sugar.

13 The standard preparation *lasuna kshira* given orally quickly relieves suppression of urine

G—MISCELLANEOUS

1. To relieve irritability of the bladder the paste made of emblic myrobalan (amla) and saffron with rose water is applied over the pubic region

2 To relieve irritability of the urinary system the cold infusion of the Dhuh Grass (*hariali*) is given with milk

3 The roots of the Spanish Jasmin (*chambeli*) macerated in goat's milk taken orally relieve irritability of the urinary system

4 The standard preparation known as *punarnatashtak kwath* is given in bladder diseases

5 When blood is passed along with urine *Pedalum murex* (*gokshuraka*) or *Tribulus terrestris* (*chbote gokhru*) is given in doses of 45 to 90 grains

6 The decoction made of 180 grains of *Onosoma bracteatum* (*gaozaban*) is given in doses of 2 to 4 oz in diseases of the bladder

7 The roots of the Indian Sarsaparilla (*ananta*) that have been roasted wrapped in plantain leaves are given with cum n seeds (*jira*) and sugar for the cure of bladder disorders.

8 A drink of the milk which has been boiled with *Asparagus racemosus* (*shatavari*) and *Pedalum murex* (*gokshuraka*) or *Tribulus terrestris* (*chbote gokhru*) checks the passing of blood with urine

9 The decoction prepared by boiling 1 oz of sesame seeds (*til*) in 4 oz of water is given to cure the passing of blood with urine

10 The following compound powder is efficacious to check the passing of blood with urine equal parts of cardamoms, saffron bamboo manna (*tabashir*) the flowers of *Mesua ferrea* (*nagkesar*) and soap stone (slicate of magnesium) are finely powdered together this mixture is given in doses of 30 grains with 30 grains of honey, 90 grains of ghee and 45 grains of sugar each time twice a day for a fortnight it is advisable not to take coconut or gur and similar other substances when following this treatment

11 When the urine is highly coloured the compound powder of 45 grains of dry emblic myrobalan (*amla*) 30 grains of rock salt and 30 grains of black salt (*sanchal*) is given with a glassful of water the dose of the powder is to be regulated according to the capacity of the patient

12 When the urine is highly coloured a compound decoction of any one of the following collections of drugs restores the normal colour, the decoction is taken after meals or as a drink to quench thirst

- i) The roots of the Khus khus Grass (khus) the Lodh Tree (lodbra), the Arjun Tree (arjuna) and red sandalwood (rakta chandan),
- ii) The roots of the Khus khus Grass (khus) the tubercles of the Nut Grass (nagarmusta) emblic myrobalan (amla) and chebulic myrobalan (harada),
- iii) *Trichosanthes dioica* (kadve padval) the leaves of the Neem Tree emblic myrobalan (amla) and *Tinospora cordifolia* (gudunchi)
- iv) *Albizia lebeck* (sirisha), rala, the Arjun Tree (arjuna) and the flowers of *Messua ferrea* (nagkesar)
- v) The Pipal Tree *Alhagi pseudalhagi* (jawa) *Terminalia tomentosa* (asana) and the Ratan Cane (chachibet)

13 When the urine is highly coloured the decoction of the roots of the Indian Sarsaparilla (ananta) is given in doses of 2 to 3 oz three times a day, the decoction is prepared by boiling 1 oz of the roots with 10 oz of water for an hour

14 When the urine is white coloured due to the presence of phosphates or mucus the decoction of the roots of *Cissampelos pareira* (patha) given with the addition of neem bark, cow's urine and honey clears the urine

15 The tuberous root of the male plant of *Momordica charantia* (kareila) is given in doses of 180 grains with honey when phosphates are passed with urine

16 When the urine is turbid a decoction of the roots of *Asteracantha longifolia* (talimkhana) is given

17 The roots of *Boerhaavia diffusa* (punarnava) given as a powder in doses of 45 grains two or three times a day or as a decoction two or three times are very efficacious in clearing the urine of its turbidity and high colour

18 The following preparation of milk is given to clear the urine of its turbidity and high colour one part each of *Pedalum murex* (gokshuraka) the roots of *Sida cordifolia*

(bala) the roots of *Solanum xanthocarpum* (kantakarika), *gur* and ginger, 40 parts of milk and 160 parts of water are boiled together till all the water has evaporated

URTICAR

see "*Skin Diseases—K*"

DISEASES OF THE UTERUS AND THE VAGINA

A—GENERAL

1 In painful disorders of the uterus, dhatoora leaves or seeds are locally applied

- i) The poultice of the leaves made with an equal quantity of rice flour and a little water is applied over the pubic region
- ii) The leaves which have been pickled in spirit for a short time are applied wet over the pubic region and covered over with a bandage.
- iii) The leaves soaked in boiling water are used for fomenting the pubic region when comfortably hot they are applied over this part and covered with a piece of flannel
- iv) The ointment prepared by macerating an ounce of the seeds in a pint of some bland oil for a week is applied over the pubic region

2 For the relief of uterine colic a hip bath of the decoction of the tender leaves and roots of the Cotton Plant is useful

3 In vaginal disorders the paste made of equal parts of the leaves of *Lagenaria siceraria* (kudva tumbi) and the Lodh Tree (*Lodhra*) mixed with honey is used as a pessary

- ii) The vagina is cleaned with the medicated sesame oil or *taila ghrita* prepared with the juice of the plant of *Lagenaria siceraria*.

4 A piece of clean cotton cloth saturated with castor oil is placed inside the vagina for the relief of vaginal pain

5 A pessary made of the macerated leaves of the Henna Plant (*mendi*) is placed in the vagina to check vaginal discharges

6 The bark of the Mango Tree is a very useful drug for checking abnormal bleeding from the uterus, the *swaras* of the bark mixed with the white of an egg or mucilage and a little opium is given

- ii) The powder of the bark is given in doses of 10 to 60 grains
- iii) The extract of the bark prepared by macerating one part of the bark in 12 parts of water is given in doses of one teaspoonful every one or two hours, the extract is given with water

7. To check abnormal discharges from the urinogenital organs the powder of *Withania somnifera* (ashwagandha) is given in doses of 45 grains with an ounce of sugar candy and a cupful of milk twice a day

8 For the cure of diseases of the urinogenital organs the powder of the seeds of *Phyllanthus niruri* (bhumiyaamalki) is given with rice for a couple of days

9 To relieve pain in the urinogenital organs the milk that has been boiled with *Tribulus terrestris* (chhote gokhru), *Adhatoda vasica* (vasa) and the roots of *Vanda roxburghii* (rasna) is a very efficacious remedy, 8 parts of milk and 1 part of each of the three drugs are boiled together with the addition of 32 parts of water till all the water has evaporated, the strained milk is given

10 In abnormal bleeding and ulceration of the uterus the decoction of the root bark of the Pomegranate Tree is a very efficacious enemata, 45 grains of alum are added to the decoction before using it

11. In uterine disorders the decoction of the root bark of the Cotton plant is very useful, the decoction is prepared by boiling 4 oz of the root bark in 2 pints of water till the liquid is reduced to one pint, the decoction is given in doses of 2 oz every half hour

- ii) The powder of the root bark is given in 20 to 60 grain doses

12. The bark of the Asoka Tree (asoka) is an efficacious drug for the cure of uterine disorders 3 oz of the bark are boiled with 3 oz of milk and 13 oz of water till the quantity of the liquid is reduced to one fifth, this quantity is given in the course of a day in 2 or 3 doses

13 The Devil's Cotton (ulatkambal) is one of the very efficacious drugs given for the cure of female urinogenital diseases, the very fine powder of the shade dried bark of the root is given in 60 grain doses mixed with the powder of 20 black peppers, this mixture is given twice a day. In menstrual disorders this mixture should be taken regularly for a week from the day the menses commence, during the week this drug is taken the diet should consist of milk and rice. This treatment should be repeated for six months, every time the monthly periods begin.

11) The *swaras* of the root bark is given in doses of half a drachm as an uterine tonic.

14 The *swaras* of the leaves of Aloe barbedensis (kumari) is an efficacious uterine tonic.

15 The standard preparation *pīpaladya ghrita* is given for the cure of uterine pains.

B—LEUCORRHOEA OR "THE WHITES"

(Discharge from the female genital passage which is not blood)

1 A pessary of the macerated leaves and seeds of the Henna Plant (mendi) is introduced in the genital passage for the cure of leucorrhoea, the pulp of the leaves and seeds is placed in a cotton bag before it is used as a pessary.

2 A vaginal douche of the decoction of the root bark of the Pomegranate Tree with the addition of alum checks leucorrhoea, alum is added to the decoction at the rate of 45 grains to a pound of the decoction.

3 A vaginal douche of the decoction of the leaves of the Flame of the Forest (palasa) is given in leucorrhoea.

4 A piece of cotton cloth saturated with the decoction of the Fenugreek (methi) is kept in the vagina, the plug is changed twice a day.

5 The decoction of the bark of the Babul Tree or the compound decoction of this bark and the bark of the Banyan Tree (vata) is a very efficacious vaginal douche.

6 The decoction of the bark of the Mango Tree is an efficacious vaginal enemata for the cure of leucorrhoea.

7 A vaginal douche of the extract of the fruit of *Diospyros pergrina* (tendu) is one of the most efficacious remedies for the cure of 'the whites' the extract is prepared by boiling in a non metallic vessel the juice expressed from the fruit till it becomes thickish, one ounce of this extract is dissolved in a pint of water

8 The powder of the kernel of a mango seed is given in doses of 20 to 30 grains with honey

ii) The powder of the bark of the Mango Tree is given in doses of 10 to 60 grains

iii) The fresh juice of the bark is given with the white of an egg or mucilage and a little opium

9 The decoction of *Dolichos biflorus* (kulitha) is given orally for the cure of leucorrhoea

10 The decoction of the bark of the Banyan Tree (vata) or the compound decoction of the barks of the Lodh Tree (lodhra) and the Banyan Tree is given for the cure of the whites

11 The compound decoction of the barks of the Neem Tree and the Babul Tree is given in one drachm doses

12 The *swaras* of the roots of *Adhatoda vasica* (vasa) is given with honey for the cure of leucorrhoea

13 Half an ounce of the powder of the flowers of *Woodfordia fruticosa* (dhataki) given with rice water is an efficacious remedy

14 The preserve made of the seeds of the Water Cress (ahaliv) is very efficacious for the cure of leucorrhoea the seeds are boiled with milk till the mixture becomes thickish when sugar or *gur* is added to make the preserve

15 The following preparation is very efficacious even if the passing of 'the whites' be very excessive 6 oz of cow's milk 8 oz of water and 60 grains of pieces of ginger are boiled together till the quantity is reduced to less than 6 oz, 60 grains of sugar are added to this preparation after removing the ginger pieces this confection is taken twice a day in the morning and at bed time for three weeks

16 The powder of emblic myrobalan (*amla*) or its juice is given with honey instead of the fruit its seeds can be used

17 Catechu in doses of 10 to 15 grains mixed with an equal quantity of cinnamon is given for the cure of leucorrhoea.

18 The flowers of the Silk Cotton Tree (semal) fried in *ghae* are given with a little rock salt in the morning this is a very efficacious remedy even in obstinate cases of leucorrhoea.

19 The milk in which shelled tamarind seeds have been macerated is given for the cure of leucorrhoea

20 Ripe plantains are taken before meals twice a day in 4 oz doses mixed with the juice of emblic myrobalan (amla) turmeric sugar and honey

21 The oleo resin obtained from the stem of the Gurjan Tree (gurjun) is an efficacious remedy it is given in doses of a teaspoonful with milk or rice water, it is usually given three times a day but it can be given more often if required

C—MENSTRUATION—FUNCTIONAL DISORDERS

1 AMENORRHOEA (Absence of the menstrual period)

1 To promote menses the abdominal and pubic regions are fomented with the hot leaves of the Castor Oil Plant these leaves when comfortably hot are also bandaged over these parts

2 The rind of the fruit of the Soap Nut Tree (ritha) or the pulp of the decorticated seeds is used as a vaginal pessary in amenorrhoea. If there is any undue delay in the reappearance of the menses after childbirth the use of this pessary will regulate the menstrual flow

3 A poultice of the flowers of the Flame of the Forest (pilasa) is applied on the pubic and abdominal regions to promote the menstrual flow

4 In amenorrhoea especially if it be due to a chill the decoction of the bark of the Cotton Plant is very efficacious the decoction is made by boiling 4 oz of the bark in 2 pints of water till the liquid is reduced to half this decoction is repeatedly given every half hour or so in doses of 2 oz each time

5 The powder of sesame seeds is given in 10 grain doses three or four times a day at the same time the patient

is given daily a hip bath of hot water to which has been added a handful of macerated sesame seeds; this treatment is efficacious in dysmenorrhoea as well.

6 The decoction of the leaves, tender twigs, bark and roots of *Salvadora persica* (pilu) given in doses of half a cup twice a day cures amenorrhoea.

7. The paste made of the barks of the Pipal Tree and the Tamarind Tree with water promotes the menstrual flow

8 The *swaras* of *Aloe barbedensis* (kumari) is an efficacious drug in amenorrhoea.

9 The decoction of the roots of *Morinda citrifolia* (al) is given in suppression of the menses

10. The *phant* of *Ruta graveolens* (sitav) is given to promote the menstrual flow

11. To regulate the monthly periods *Cissus quadrangularis* (asthisandhan) is a very efficacious drug, the mixture of 1 oz of the juice expressed from the slightly roasted twigs, leaves and fruits of the creeper, 1 oz of *ghee* and half an ounce each of sugar and Armenian bole (gherumitti) is given in the morning.

II DYSMENORRHOEA (Unusually painful menstrual periods)

1. The Devil's Cotton is one of the most efficacious drugs for the cure of dysmenorrhoea. It gives relief in menstrual pains and regulates the periods, it is also an uterine tonic

i) The *swaras* of the root bark is given in doses of 30 grains a day, it is usually given with powdered black pepper for a week from the day the menses commence, if however menstrual pains precede the periods this juice is given before the periods begin, instead of the *swaras* the paste of the fresh roots may be given in 90 grain doses

ii) The decoction of 2 oz of the dried root bark in a pint of water is given in 1 oz doses three times a day

2. The *phant* or tea of the Lemon Grass (ghandhatrina) is given with powdered black pepper; 4 oz of the leaves are infused in a pint of boiling water to make the *phant*

3 The strong decoction of the root bark of the Cotton Plant made by boiling 4 oz of the bark in 40 oz of water till the liquid is reduced to 20 oz is repeatedly given in 2 oz doses about every half hour for the cure of dysmenorrhoea

4 The powder of sesame seeds is given in 10 grain doses three or four times a day along with this treatment the patient is also given a hip bath of hot water to which has been added a handful of the bruised seeds

5 The paste made of the barks of the Pipal Tree and the Tamarind Tree is given with water

6 Fomentation of the pubic region with dhatoora leaves soaked in boiling water and an application of these leaves, when comfortably hot on this region relieves menstrual pains.

7 The decoction made by boiling a handful of the leaves of *Ficus racemosa* (gullara) in four pints of water used as a vaginal douche gives quick relief from pain

8 The *phant* of *Ruta graveolens* (sitav) is given for the cure of painful menses

III MENORRHAGIA (Excessive bleeding at the menstrual period)

1 To check excessive menstruation the flowers of the Tanner's Cassia (tarwar) are placed in the womb as a pessary

2 Any one of following preparations is used as a vaginal douche for the control of excessive bleeding

- i) The decoction of the bark of the Babul Tree,
- ii) The solution of the gum from the trunk of the Babul Tree
- iii) The decoction of the root bark of the Flame of the Forest (*palasa*)
- iv) The decoction of the root bark of the Pomegranate Tree with the addition of 45 grains of powdered alum to 1 lb of the decoction

3 The skin of the unripe mango fruit fried in ghee is given for the cure of menorrhagia

- i) The powder of shelled mango seeds is given in 20 to 30 grain doses with honey
- ii) The juice of the fresh bark of the tree is given with the white of an egg and a little opium

iv) The powder of the bark is given in 10 to 60 grain doses

4 The bark of the Lodh Tree (lodhra) is given in 20 grain doses with sugar two or three time a day for three or four days

5 The decoction of the bark of the Asoka Tree (asoka) is very efficacious in menorrhagia, 4 oz of the bark are boiled with 4 oz of milk and 16 oz of water till all the water has evaporated, this quantity is given in the course of a day, it may be divided in three or four doses, each dose is given with milk

6 The compound powder made of 1 oz of the seeds of the Water Chestnut (srungatak) $\frac{1}{2}$ oz of the gum from the trunk of the Flame of the Forest (palasa) and 1 oz sugar is an efficacious remedy for the cure of menorrhagia, one seventh part of this powder is administered every day

7. The flowers of Woodfordia fruticosa (dhatak) are an efficacious drug for the cure of menorrhagia

- i) The flowers are given with milk and sugar
- ii) The decoction of the flowers is given with sugar, about 2 oz of the decoction is given, but the dose depends upon the capacity of the patient, instead of the decoction the juice of the leaves may be given
- iii) The mixture of equal parts of the dry flowers, *mocharas* and celery seeds (ajmoda) is given in doses of 2 drachms with curds and honey

8 The mucilage obtained by infusing the seeds of the Sweet Basil (babuntulsi) is given with sugar

9 The decoction of the seeds of the Cowhage (kinvach) is given

10 The *swaras* of the roots of the Dhuv Grass (bariali) is given

11 A drink of milk in which about a dozen flower buds of the Shoe Flower (jasum) have been macerated is efficacious for the cure of menorrhagia.

- i) The confection made of the flowers is equally efficacious, (see "Cough A No 9")

12 The roots of *Amaranthus polygamus* (chaular) are given with rice water.

13 The seeds of the Water Cress (abali) are given in doses of 10 to 20 grains

14 The dried figs of *Ficus racemosa* (gullara) are given with sugar and honey

15 The decoction of the bark of the Jambul Tree (jambu) is given

16 The leaves and fruits of the Plantain Tree are very useful for the cure of menorrhagia

- i) The porridge made of the macerated leaves with milk is given for two or three days.
- ii) The ripe fruits are eaten mixed with the juice of emblic myrobalan (amla) and sugar
- iii) One ripe fruit is eaten with 90 grains of ghee twice a day for a week

17 The *swaras* of about 50 leaves of *Adhatoda vasica* (vasa) is given twice a day

18 The powder of the seeds of dry dates fried in ghee is given mixed with the powder of Armenian bole (gherumitti)

19 About half a dozen fresh rose flowers are given each time twice a day with 75 grains of sugar for the cure of menorrhagia.

20 Powdered cumia seeds (jira) and sugar are given with rice water

21 The decoction of *Berberis asiatica* (daruharidra) is given with the addition of 45 grains of *shilajit*

22 Milk in which shelled tamarind seeds have been macerated is an efficacious drink in menorrhagia

23 The confection made of the finely powdered fruit of *Lagenaria siceraria* (kadva tumbi) with sugar and honey is a very efficacious remedy in menorrhagia

24 The powder of the bark or of the prickles on the stem of the Silk Cotton Tree (semal) is given with milk and sugar

- ii) *Mocharas* is given in doses of half to one drachm

25 The sherbet made of the fruit of the Baob Tree (gorak amla) is given with sugar

26 The standard preparation *darviadi kwath* is given twice a day with honey, the patient taking this decoction should take only easily digestible food and should avoid taking milk, *ghee*, curds etc

IV METRORRHAGIA OR FLOODING (Excessive bleeding from the uterus at any time and at any age)

1 In abnormal bleeding from the urinogenital organs either the juice of the roots of *Abutilon indicum* (*kanghi*) or their powder is given with honey and sugar

2 The *swaras* of the roots of *Adhatoda vasica* (*vasa*) given with honey and sugar checks flooding

3 Finely powdered sandalwood or chebulic myrobalan (*harada*) given with *ghee*, milk, sugar and honey checks abnormal bleeding

4 The powder of the seeds of *Phyllanthus niruri* (*bhnmymalki*) given with rice for two or three days is very efficacious

5 The medicated *ghee* or *ghee ghrita* prepared with the seeds of the Banyan Tree (*vata*) checks flooding

6 Either ripe plantains are eaten with *ghee* or the juice of the flowers of the Plantain Tree is taken with curds for the control of flooding

7 The bark of *Polyalthaea longifolia* (*mandar*) is a very efficacious drug for the control of abnormal bleeding

1) The decoction of the bark made by boiling it with milk and water till the water has evaporated is given, the preparation is given cold

2) The paste of the bark made with rice water is given with honey

8 The paste made of the roots of the Screw Pine (*keora*) is given with water and sugar

9 The infusion of the gum of *Stercula urens* (*karai*) made overnight is given the following morning

V MISCELLANEOUS

1 The decoction of the seeds of the Cowhage (*kinvach*) is an efficacious remedy when the monthly periods are irregular

2 The Devil's Cotton (ulathambal) is a drug commonly given for regulating the menstrual flow

- i) The fresh root is given in 1 drachm doses mixed with powdered black pepper and water this mixture is given during menstruation
- ii) The *swaras* of the root is given in doses of 1 to 1½ drachms with the addition of powdered black pepper

3 The decoction of the root bark of the Cotton Plant made by boiling 4 oz of the bark with 5 lb of water till the quantity is reduced to half is given in doses of 2 oz at short intervals of about half an hour to regulate the monthly periods.

4 The decoction of *Dolichos biflorus* (kulitha) is given to regulate the menstrual flow

5 When the menstrual period is abnormally prolonged the decoction of the bark of *Terminalia tomentosa* (asana) is given with milk and sugar

6 The *phant* of the root of *Rubia cordifolia* (manjishta) is given in irregular menses the *phant* is made of 1 oz of the root

7 The *swaras* of *Cissus quadrangularis* (asthisandhan) is very useful in regulating the periods, one ounce of the juice expressed from the roasted stem of the plant is given with an equal quantity of *ghee* and sugar and half an ounce of Armenian bole (gherumitt) the mixture is given every morning,

8 The powder or the *swaras* of the Dhuv Grass (barial) taken regularly is an efficacious drug for regulating the periods the *swaras* is more efficacious

D—MISCELLANEOUS

1 In prolapse of the uterus the pessary of the powdered roots of *Momordica charantia* (kareila) placed inside the uterus is very useful or the paste of the roots is applied inside the organ

2 To contract the uterus the powder of the roots of *Rubia cordifolia* (manjishta) is given in doses of 10 to 30 grains three times a day

3 When there is a burning feeling inside the vagina the *swaras* of emblic myrobalan (*amla*) given with sugar brings relief

4 When there is a strong itchy feeling inside the vagina the douche of the compound decoction of *triphala* *Tinospora cordifolia* (*guduchi*) and the roots of the Purging Croton (*jamalgota*) is very useful

5 To reduce the swollen vagina or uterus to its normal size a pessary of the dry leaves and flowers of the Indian Hemp (*vijaya*) is placed inside the organ

6 If there are polypi inside the vagina a pessary made of the mixture of very finely powdered red earth (*sonageru*) *Embelia ribes* (*vidanga*), shelled mango seeds, turmeric, *rasol* and *Myrica nagi* (*kathphala*) is very efficacious, the fine powder of the mixture is placed in a cotton bag and introduced in the vagina as a pessary

7 If there are polypi and other growths in the vagina the *swaras* of the Bitter Luffa (*kadvī torai*) is given with curds

8 To relieve vaginal pains either the paste of the powder of *Sphaeranthus indicus* (*gorakhmundi*) *gur*, honey and wheat flour is applied inside the vagina or a couple of the leaves of *Achyranthes aspera* (*apamarga*) are introduced inside the vagina

9 When there is a feeling of burning inside the vagina a drink of the rice water in which the roots of the Sun Flower (*suria mukhi*) have been macerated has a soothing effect

10 The paste of the seeds of the Flame of the Forest (*palasa*) made with sesame oil is applied externally on the relaxed and patulous vagina to tone up the organ

11. An ointment made of the fruit of the Spanish Jasmine (*chambeli*) and *ghee* is applied inside the vagina when a foetid smell emanates from it.

12 When the uterus or vagina is ulcerated the decoction of the root bark of the Pomegranate Tree is a very efficacious enemata, powdered alum is added to the decoction, at the rate of 45 grains to one pound of the decoction before it is used as a douche

DISEASES OF THE UVULA

- 1 The juice of garlic is applied on the enlarged uvula
- 2 The powder of *raia* is a useful local application in congestion of the uvula
- 3 Chewing ginger or the roots of *Vitex negundo* (*indran*) is very efficacious when the uvula is enlarged or diseased
- 4 The decoction of oak galls [galls formed on the leaves of *Quercus* spp (*mayaphala*)] mixed with a little alum or honey is a very efficacious gargle when the uvula is enlarged the decoction of babul bark or the infusion of black pepper is an equally efficacious gargle
- 5 The ash of the leaf stalk of *Alocasia macrorrhiza* (*kasalu*) applied over the enlarged uvula gives quick relief
- 6 Catechu is a useful drug when the uvula is congested and ulcerated, the lozenge made of catechu with babul gum and sugar is kept in the mouth and slowly sucked
- 7 The mixture of milk and the oil extracted from the marking nut fruit (*bhilavan*) is given daily for the treatment of relaxed uvula, one fruit is heated over a flame and the oil that exudes is collected in a vessel containing a pint and a half of milk, this mixture is taken in one dose.
- 8 The paste made of tamarind seeds (*imli*) with cold water applied on the enlarged uvula and the palate reduces the enlargement and gives relief from cough

VOMITING

A—GENERAL

- 1 The Bael Tree (*bitwa*) is an efficacious drug for the cure of vomiting, even if it be persistent
 - i) The decoction of the root bark is given with honey
 - ii) The compound decoction of 5 parts of the rind of the fruit and 4 parts of *gudunchu satva* is given with honey
 - iii) The fruit is given with the juice of shelled mango seeds, sugar and honey

2. The tender ends of the aerial roots of the Banyan Tree (vata) are given to check vomiting.

3. To check vomiting the linctus made of the powdered flowers of *Woodfordia fruticosa* (dhataki) with honey and a very small quantity of very finely powdered charcoal is slowly sucked in small quantities at a time.

4. *Dikamali* is given in small quantities of about 2 grains to check vomiting; but in larger doses it induces vomiting.

5. The *swaras* of the leaves of *Adhatoda vasica* (vasa) taken with honey or the *swaras* of the Dhuh Grass (hariali) taken with rice water or the *swaras* of the Holy Basil (tulsi) taken with powdered cardamoms or the *swaras* of the leaves of the Spanish Jasmin (chambeli) taken with powdered black pepper and honey is very efficacious for checking vomiting.

6. Coconut water is given with sugar, honey and long pepper (pipli) to stop vomiting.

7. The juice of the unripe fruit of the Wood Apple Tree (kawitha) made into a linctus with honey and long pepper (pipli) is very efficacious in persistent vomiting; the linctus is slowly sucked.

8. The linctus made of emblic myrobalan (amla), sandalwood and honey is very efficacious for checking vomiting.

9. The juice of the underground stem of the Plantain Tree is given with honey.

10. The decoction of *Tinospora cordifolia* (gudunchi) mixed with honey is given to check vomiting.

11. The powder of chebulic myrobalan (harada) given with honey checks vomiting.

12. The ash of the dry bark of the Pipal Tree is well mixed with water; the mixture is allowed to stand for some time till all the insoluble parts of the ash have settled at the bottom of the vessel; the strained liquid is an efficacious drink to stop vomiting.

13. The ash of the bark of the Jambul Tree (jambu) given with honey stops vomiting.

14. The powder of the roasted seeds of *Ervum lens* (masur) taken with the juice of pomegranate checks vomiting.

15 The ash of the maize cob from which the seeds have been removed is given in doses of 6 to 9 grains with honey for the cure of vomiting

16 The decoction of the seeds of *Pha eolus mungo* (mungo) given with parched rice, honey and sugar checks vomiting.

17 The mixture of equal parts of the very fine powder of the roots of the Long Pepper (pipili) and ginger is given in doses of 35 grains with honey to check vomiting

18. Omum seeds (yavani) are eaten with *gur* for the cure of vomiting

19 The infusion prepared by macerating 180 grains each of powdered small dry chebulic myrobalan (harada), parched rice, emblic myrobalan (amla) and honey in 7 oz of water is an efficacious drink for checking vomiting, the strained infusion is taken

20 The mixture of rock salt and *ghee* is given for checking vomiting

21 For checking vomiting the powdered roots of chiretta are given in doses of 5 to 30 grains

22 The mixture of equal parts of the *swaras* of fresh ginger and of onions given in 1 to 2 oz doses is very efficacious in checking vomiting, nausea and retching

23 The *swaras* of the Holy Basil (tulsi) is given with the powder of cardamoms to check vomiting, the *swaras* is of special value for checking vomiting or retching of children, it is given with honey

ai) The paste of the seeds given with milk stops vomiting

24 The powder of black pepper given in doses of 10 to 15 grains relieves nausea and checks vomiting

25 The following standard preparations are very useful for checking vomiting

i) *eladi pills*,

ii) *talisadi churna*,

iii) *yavani shadava*

iv) *karpurashatak churna* ;

B—VOMITING DUE TO BILLIOUSNESS OR FEVER

1. The juice of *Eclipta alba* (bhangra) is taken to check vomiting

2. The compound decoction of the tender leaves of the Mango Tree and of the Jambul Tree given with honey checks vomiting in a short time

3. The compound powder made up of 5 parts of fennel seeds (madhurika), 4 parts of *trikatu*, 2 parts of dill Seeds (soya ke bija) and 2 parts of anise seeds (saonf) given in 1 to 3 drachm doses checks vomiting

4. Ripe tamarind pulp is a very efficacious drug, given in 2 drachm doses

5. The decoction of cinnamon checks vomiting

6. The mixture of 1 drachm of baked lemon, 2 drachms of sugar and 1 drachm of water gives quick relief in vomiting.

7. The *swaras* of the roots of the Dhuv Grass (harial) given with honey checks vomiting

8. The following standard preparations are very efficacious

- i) *amal ka panak*;
- ii) *amal ka math*.

C—VOMITING DUE TO PREGNANCY

(See "*Disorders of Pregnancy and Childbirth—C*")

WHOOPIING COUGH

1. The paste made of the root stock of *Alpinia galanga* (kulanjan) given with honey decreases the paroxysms of whooping cough.

2. The ripe fruit of the Prickly Pear (nagphani) is very efficacious in whooping cough

- i) The syrup of the ripe fruit is given in one teaspoonful doses three or four times a day.
- ii) The pulp of the baked fruit is given.

3 The seeds of *Pongamia pinnata* (karanja) are a very efficacious remedy, the powder is given to infants and children in doses of 1 to 5 grains, according to age, a larger dose of 15 grains is given to patients above 12 years, it is necessary that a fresh powder should be prepared every day

4. The powder of the dry leaves or roots of *Tylophora indica* (antamula) is a useful remedy in the early stages of whooping cough, the dose of the powder is 5 grains to be given each time three or more times a day, the powder may be combined with a drachm of the syrup of liquorice root (madhuka) and half an ounce of water

5, The leaves, roots and seeds of *Cassia occidentalis* (kasondi) are given in whooping cough, they loosen the phlegm, to infants the powder of the roasted seeds is given with the mother's milk

6 The dried bark of *Barleria prionitis* (katshareya) is given

7 The *swaras* of the leaves of *Ruta graveolens* (sitav) is given with a little fried asafoetida and roasted alum

8 The dry root bark of *Tribulus terrestris* (chhote gokhru) is given to children suffering from whooping cough

9 The paste of asafoetida is applied as a stimulant over the chest of a child suffering from whooping cough

10 The inhalation of the smoke from the burning seeds of the Purgive Croton (jamalgota) relieves the paroxysms.

11 For the control of spasmodic outbursts of coughing garlic is very efficacious. Its *swaras* is sniffed from time to time, and the mixture of macerated garlic and *ghies* is rubbed on the chest and between the shoulder blades of the patient

12 The *swaras* of *Achyranthes aspera* (apamarga) is given in doses of 90 grains mixed with an equal quantity of honey to a child to loosen the phlegm and to relieve the spasms, this mixture is given twice a day

13 The powder of the root of *Calotropis gigantea* (akda) is given to a child in doses of 2 grains with honey, each time twice a day

14 The decoction of bamboo leaves is given with turmeric and honey

15 The compound powder of equal parts of potassium carbonate the Atis Root (ativisha) the galls of *Pistacia integerrima* (vakdashringi), long pepper (pipili) and catechu is given to a child in doses of 5 grains with honey, each time, three times a day

W O R M S

(See "*Anthelmintics* ")

W O U N D S

/ A—OPEN WOUNDS

(Incised or lacerated or punctured)

1 The tender leaves of the Pipal Tree are applied as a dressing over open wounds

- ii) The finely powdered root bark is dusted over wounds to accelerate the healing
- iii) A poultice of the leaves, which have just been shed from the tree, applied over wounds quickly heals them

2 The mixture of garlic juice and water is an efficacious wash for cleaning wounds.

3 *Sida cordifolia* (bala) and other species of the genus are very useful for hastening the healing of wounds, they not only heal wounds but are also useful as a s-dative

- i) The juice of the leaves is applied to wounds
- ii) The juice of the roots is dropped into the wound and a compress soaked with the juice is bandaged on the wound, the compress should be kept wet with the juice

4 The paste made of the fresh plant of *Eupatorium triplinerve* (ayapana) applied on wounds acts as a styptic and stops bleeding, it also cleanses the wound and helps in its healing

5 To promote the healing of wounds the fine powder of the seed of the Jambul Tree (jambu) is dusted over them

6. The paste of the leaves of the Spanish Jasmīn (chambeli) applied over wounds promotes quick healing

7. The ointment made of the seeds of the Baob Tree (goruk amlī) is very efficacious for healing wounds, the seeds are burnt to charcoal and powdered; the powder is mixed with *ghee* or butter.

8. Ointments made of *rala* are excellent for healing all sorts of wounds even if they be very deep

i) 4 oz of the finely powdered gum resin are well mixed with $1\frac{1}{2}$ oz of mustard oil in a pestle and mortar, to this sticky mixture are added $1\frac{1}{2}$ oz each of finely powdered white catechu and the fruits of *Helecteris isora* (marodphali), all the ingredients are once again well mixed together, this ointment can be preserved for a long time

ii) 2 oz of the gum resin, 2 oz of pure catechu and half an ounce of copper sulphate are powdered together and made into an emulsion with 2 oz of sesame oil and 2 oz of water, this mixture is put on fire for about three minutes and well stirred to make a uniform hot mass, this ointment keeps indefinitely, it is to be spread on a piece of perforated cloth before applying it, the plaster is renewed everyday

9. The hot poultice of the leaves of *Kalanchoe pinnata* (zakhm-e hayat) is one of the most efficacious remedies for healing wounds, it quickly relieves pain, swelling and redness and rapidly heals the wound

10 Slices of onions fried in *ghee* applied as hot as can be comfortably borne on wounds quickly relieve pain and heal the wounds

11 The paste of the leaves of the Holy Basil (tulsi) applied on bleeding wounds quickly checks the bleeding

12 The medicated sesame oil or *teila ghrita* prepared with the paste of the bark of *Berberis asiatica* (daruharidra), the hairs on the fruit of *Mallotus philippinensis* (kamala) and the juice of the Dhūb Grass (hariāli) is an efficacious application for healing wounds, especially those caused by tools and implements

13 The ointment made of neem leaves, the powders of *Berberis asiatica* (daruharidra) and of liquorice root (madhuka),

ghee and honey is an efficacious application over all sorts of wounds

14 The powder of the leaves of the Indian Hemp (*vijaya*) dusted over fresh wounds quickly promotes healing

15 The oil expressed from the seeds of the Bonduc Nut (*putikaraj*) is efficacious for healing foetid wounds

16 A poultice of the tender leaves of the Banyan Tree (*vata*) applied over wounds promotes quick healing, a poultice of the leaves either of the Babul Tree or of *Heliotropium indicum* (*hastisunda*) or of the Neem Tree or of the *Nux vomica* Tree (*kuchla*) or of the Dhuv Grass (*harial*) is equally efficacious, the poultice is made with honey

17 The paste made of the bark of the Flame of the Forest (*palasa*) or the Silk Cotton Tree (*semal*) applied over wounds promotes healing

18 For cleaning and healing pustulating and maggot infested wounds the following drugs are very useful

- i) The latex from the stem of the Banyan Tree (*vata*), it is applied three times a day,
- ii) Garlic made into a paste,
- iii) The leaves of the *Nux vomica* Tree made into a poultice,
- iv) The leaves and tender shoots of *Vitex negundo* (*indrani*) made into a poultice with the oil expressed either from the seeds of *Pongamia pinnata* (*karanja*) or from the berries of the Neem Tree,
- v) The juice of young bamboo shoots, the juice is put into the wounds which are then covered with a poultice of the shoots

19 The poultice of the leaves of the Holy Basil (*tulsi*) or of the Dhuv Grass (*harial*) applied on bleeding wounds checks bleeding and heals the wounds

B—CONTUSIONS, BRUISES AND "BLACK EYE"

1 The Wild Turmeric (*vanharidra*) is an efficacious drug used externally over sprains contusions bruises, etc., the paste made of the root stock either with Indian bdellium (*guggul*) or some bland oil or alum is locally applied the addition of the white of an egg to the paste increases its efficacy

- 1) The paste made of the root stock with water is applied hot over the seat of injury
- 2 The decoction of the Henna leaves (mendi) is used for fomenting the painful parts
- 3 The paste made of turmeric with lemon juice and saltpetre is applied over the seat of injury
- 4 The yellow juice expressed from the capsules of *Thespesia populnea* (pati) is applied locally
- 5 The paste made of the leaves of the Tanner's Cassia (tarwar) tamarind leaves and soda bicarb is applied over the injured parts
 - 1) A thick plaster of the leaves is applied hot on the painful parts.
- 6 The poultice of the fresh leaves of *Vitex negundo* (indran) locally applied over contusions sprains, etc. is very efficacious
 - 1) The fresh leaves made hot in a earthen vessel are applied over the painful parts
- 7 The ointment made of the pulp of unripe tamarind with *conyes* and sesame oil is an efficacious local application
- 8 The paste made of 5 parts each of the seeds of the Water Cross (ahali) carbonate of soda and the bark of *Litsea chinensis* (ma da lakdi) and 4 parts of turmeric with water is a useful local application over sprains contusions etc
- 9 The mixture of equal parts of Verbena Oil (gandhatrina) and coconut oil is an excellent local application
- 10 The seeds of *Bauhinia tomentosa* (ashmantaka) made into a paste after removing their husks are a very useful local application
- 11 The following preparation is a very efficacious local application over sprains contusions etc the leaves of *Ficus racemosa* (gullara) are boiled in water till all the contents of the leaves have been extracted the boiled leaves are macerated in the decoction which is then strained through a piece of thick cloth the strained liquid is boiled till it becomes thickish the preparation is stored in a well stoppered bottle and used when required it keeps indefinitely

12 The paste made of slaked lime and turmeric or a hot poultice of turmeric and salt water is applied over sprains, "black eye", etc

13 The paste of the roots of the Four o Clock Flower (gulabbas) made with water is a very useful local application, over contusions, etc

14 The poultice of the leaves of *Pithecolobium dulce* (vilayati imli) or of *Cissus quadrangularis* (asthisandhan) applied over contusions, sprains, etc brings quick relief

15 The paste of the leaves of *Centella asiatica* (brahmi) is applied over contusions, sprains, etc

16 The leaves of *Kalanchoe pinnata* (zakhme hayat) are a useful drug for reducing inflammation and resolving the discolouration caused by contusions, a poultice of the roasted leaves or a paste of the fresh leaves or their juice is applied

17 The poultice of the leaves of the Henna Plant (mendi) boiled in sesame oil bandaged over the injured part is very efficacious

18 The poultice of the seeds of *Abrus precatorious* (gunja) or of the boiled seeds of the Cluster Bean (gaurani) bandaged over contusions removes the discolouration and resolves the swelling

19 The swaras of the leaves of the Century Plant (rakas patta) is an efficacious application over contusions

20 If as a result of injury, blood has collected underneath the unbroken skin the following preparations taken orally are efficacious in removing the discolouration and resolving the swelling and pain,

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APPENDIX I

DICTIONARY OF AYURVEDIC TERMS USED IN THE TEXT

Auleh See *Linctus*

Black Salt (*Kala Nimak* or *Sanchal*) This salt is prepared by evaporating a mixture of common salt and crude carbonate of soda (*sajmati*) dissolved in water the residue is a mixture of a number of sodium salts but it does not contain carbonate of soda

Churna (Powder) A *churna* or powder may be of a single drug or of two or more drugs if two or more drugs have to be powdered together an equal quantity of each ingredient is taken unless the weight of each drug has been prescribed the dry drug or the mixture of two or more dry drugs is powdered in a pestle and mortar the *churna* is strained through cloth it is preserved in a well stoppered bottle it does not keep good for more than two months

The dose of a *churna* is usually 90 to 180 grains for adults and 15 to 45 grains for children according to the capacity of the patient unless the dose has been prescribed A *churna* is usually given upto a month if it does not disagree with the patient

If a *churna* is to be taken with *gur* equal parts of both are taken if it is to be taken either with honey or *ghee* or sugar the quantity of the *churna* is half that of honey or *ghee* or sugar if it is to be taken with *ghee* and honey the *churna* and *ghee* are first well mixed together and then honey is added to the mixture if it is to be taken with cow's urine or milk or water the quantity of the liquid is four times that of the *churna*

If a *churna* is to be mixed with some liquid such as a decoction or the juice of some herbal drug or cow's urine to make a pill mass enough of the liquid is taken to wet the *churna* the two ingredients are well mixed together the mixture is then dried in shade the process of alternately well mixing the *churna* with the liquid ingredient and drying the mixture in shade is repeated several times the more often this process is repeated better is the quality of the pill mass

Confection To make a confection of a herbal drug it is mixed with sugarcandy or syrup or *gur* the two ingredients are put over a slow fire and are gently stirred very often to make a uniform mixture of the right consistency

The dose of a confection is usually 180 grains it is preferably taken with milk

Conjee It is a sour or fermented liquid preparation of a cereal or a pulse made in one of the two following ways

i) The lightly crushed cereal or pulse is boiled in water in a closed earthen vessel to allow it to ferment the boiled mixture is left standing for a couple of days in the same vessel its mouth is kept tightly closed The fermented liquid or *conjee* is strained through cloth

ii) The mixture of 25 oz of the lightly crushed cereal or pulse 8 lb of water and a few slices of a fresh tender radish (muli) is kept in a large earthen vessel the mouth of which is kept tightly closed for a few days till the mixture ferments and turns sour the fermented liquid or *conjee* is strained through cloth

Decoction (*Kwath*) A decoction of a fresh or dry herbal drug is prepared by boiling it over a slow fire, if the concentration of the decoction has not been prescribed 1½ oz of the drug lightly pounded or cut into small pieces is boiled with 24 oz of water in an open earthen vessel or a tinned vessel till the liquid is reduced to 4 oz If the decoction is to be made of more than one drug equal quantities of the ingredients are mixed together 1½ oz of the mixture are taken for making the decoction

The dose of the strained decoction is 2 to 4 oz for adults and for children 45 to 180 grains if this dose does not agree with the patient a smaller dose should be given

A fresh decoction should be made whenever it is required it should never be kept overnight

The residue left over after straining the decoction made in the morning is often utilized for making a second decoction in the evening by boiling the residue with 24 oz of water till the quantity is reduced to 3½ oz

If a decoction is to be made with milk one part of the drug or of the mixture of equal parts of the drugs is boiled with 8 parts of milk and 32 parts of water till all the water has evaporated and only the milk remains the strained liquid is taken

Dikamali It is the gum resin which exudes from the new shoots of *Gardenia gummifera* and *G. lucida* (*nadhihingu*)

Ghee It is clarified butter, Indian butter or *makhhan* is prepared from curds, a mixture of curds and water is briskly churned in an earthen vessel till the separated fat or butter collects in lumps on the surface of the liquid, this butter is kept in water or buttermilk for a few days before it is turned into *ghee* by heating it over a slow fire

To wash *ghee* it is mixed with water in a large flat vessel to form an emulsion, the water is carefully decanted, *ghee* is thus washed repeatedly with a fresh supply of water each time

Ghee Ghrita (Medicated Ghee) *Ghee* to be used for preparing a *ghrita* is first heated to remove all traces of water, if there be any, a small quantity of the juice of turmeric is then added to this *ghee*, medicinal ingredients of which a *ghrita* is to be made with this *ghee* are used in the form of a pulp or a decoction or a juice if the pulp is to be used, one part of it is boiled with four parts of the prepared *ghee* and 16 parts of water or cows urine or milk till all the water has evaporated and the medicated *ghee* has separated from the solid particles of the pulp, the strained preparation is stored

If instead of the pulp of the drug its juice or its decoction is to be used, 16 parts of the juice or the decoction are boiled with one part of the prepared *ghee*

A *ghrita* or medicated *ghee* can also be prepared with *ghec* and water only, without the addition of medicinal pastes or liquids

A *ghrita* should not be heated again after it has been prepared It is made in an earthen or iron or copper vessel

The usual dose of a *ghee ghrita* is 180 to 360 grams

Gur It is crude sugar prepared from sugarcane juice

Him See Infusion

APPENDIX II

STANDARD PREPARATIONS

- 1 *Agnimukh Churna* Two parts of the root stock of the Sweet Flag (*vachā*) 3 parts of long pepper (*pīplī*) 4 parts of ginger 5 parts of omum seeds (*yavanī*) 6 parts of chebulic myrobalan (*harīdā*) 7 parts of the root of *Plumbago zeylanica* (*chitrakī*) and 8 parts of the roots of the *Costus* (*kāshī*) are powdered together the powdered mixture is strained through cloth it is given in doses of 20 to 40 grains with hey buttermilk or curds to the *churna* one part of ed asafoetida may be added
- 2 *Ajmodadi Churna* Equal parts of the seeds of the Celery (*ajmoda*) *mocharas* ginger and the flowers of *Woodfordia fruticosa* (*dhitakī*) are powdered together the mixture is given in doses of 25 grains with buttermilk
- 3 *Akardi Kuath* This decoction is made of equal parts of the root stock of the Sweet Flag (*vachā*) black pepper ginger and rock salt with the addition of the root bark of *Calotropis gigantea* (*akda*) one twentieth of the other four ingredients
- 4 *Amlī ka mathī* 180 grains each of dates raisins tamarind the seeds of pomegranate the berries of *Grewia asiatica* (*phalse*) and ripe emblic myrobalan (*amla*) are macerated together in 13 oz of water the strained liquid is taken in 2 oz doses
- 5 *Amlī ka panak* Ripe tamarind is macerated in water and left to soak for some time to the strained infusion are added black pepper sugar cloves cardamoms and camphor the mixture is taken *ad libitum*
- 6 *Amalkyadi Churna* The powder consists of equal parts of emblic myrobalan (*amla*) the roots of *Plumbago zeylanica* (*chitrakī*) chebulic myrobalan (*harīdā*) long pepper (*pīplī*) and rock salt
- 7 *Amalkyadi Chrita* One part of *ghee* is boiled with 2 parts of the *swaras* of emblic myrobalan (*amla*) 2 parts of sugarcane juice and one part of chebulic myrobalan (*harīdā*) till all the water has evaporated

- 8 *Amalkyadi Kwath* The decoction is made of dry emblic myrobalan (amla) the roots of *Plumbago zeylanica* (chitraka) the small type of chebulic myrobalan (bal harada) and long pepper (pipli)
- 9 *Apamargakshar* It is an extract of *Achyranthes aspera* (apamarga), the ash of the *panchang* is well mixed with four times its weight of water in an earthen vessel the mixture is then kept standing overnight undisturbed, the following morning the supernatant liquid is carefully decanted in an iron vessel and boiled till all the water has evaporated and a white residue is left, this white residue is the extract or the *kshara*
- 10 *Arak ka Teila* This medicated oil or *ghrita* is prepared by boiling together 8 parts of sesame oil 16 parts of the juice of *Calotropis gigantea* (akda) and 1 part of powdered turmeric
- 11 *Ashtakadhya Teila* This medicated oil is prepared by boiling together 6 oz of long pepper (pipli), 6 oz of ginger, 8 lb of mustard oil 8 lb of curds and 64 lb of buttermilk till all the water has evaporated the strained mixture is used as a liniment
- 12 *Atmaguptadi Churna* Equal parts of the seeds of the Cowhage (kinvach) the fruits of *Tribulus terrestris* (*chhote gokhru*) and sugar are powdered together, the powder is given in doses of 90 to 180 grains with milk
- 13 *Atipittkar Churna* 180 grains each of ginger, black pepper, *triphala*, the tubercles of the Nut Grass (*nagarmusta*) *Embelia ribes* (*udanga*) cardamoms and the leaves of *Cinnamomum tamala* (*teppatra*), 4 oz of cloves and 24 oz of sugar are powdered together the powdered mixture is strained through cloth the powder is given in doses of 45 grains with lemon juice
- 14 *Bhringraj Teila* This medicated oil or *ghrita* is prepared by boiling together 4 parts of sesame oil 16 parts of the juice of *Eclipta alba* (*bhangra*) and 1 part each of *Calotropis gigantea* (akda) *triphala* and *Ichnocarpus frutescens* (*sarila*)

- 15 *Bhilwa Panchak* 10 parts of bael fruit (bilwa) 10 parts of mocharas 7 parts of shelled mango seeds 2 parts of nutmeg (*jayaphala*) and 1 part of opium are macerated together this mixture is given in doses of 20 to 40 grains
- 16 *Brahmi Teila* The powdered mixture of 1 lb of *Centella asiatica* (*brahmi*) 1 oz of the roots of *Baliospermum montanum* (*danti*) 1 oz of turpeth root (*nishottar*) 2 oz of the pulp of the fruit of *Cassia fistula* (*amaltas*) 1 lb of emblic myrobalan (*amla*) $\frac{1}{2}$ oz of black pepper and 1 oz of *Embelia ribes* (*vidanga*) is made into a decoction by boiling the mixture with 18 lb of water till the liquid is reduced to one-fourth the strained decoction is mixed with 10 lb of sesame oil in a very large tinned container large enough to hold 60 lb of water, the container is then put on a slow fire when the contents begin to boil the macerated mixture of 1 oz of *Hydechium spicatum* (*kapur ka chri*) 1 oz of zedoary (*karchur*) 1 oz of sandalwood 1 oz of *Prunus mahalib* (*priyanger*) and 2 oz of the roots of the *Khus khus* Grass (*khus*) is added to the boiling mixture of the oil and the decoction the boiling is continued on a slow fire till all the water has evaporated the strained liquid is bottled.
- 17 *Brahmi Sherbet* 10 oz of the leaves of *Centella asiatica* (*brahmi*) are boiled on a slow fire with 80 oz of water till the liquid is reduced to 20 oz the strained decoction is boiled with 5 lb of sugar till a syrupy liquid is formed the mixture is then immediately strained through cloth the dose of the *sherbet* is half to 1 oz to be given twice a day
- 18 *Changeri Ghrita* This medicated *ghee* is prepared by boiling *ghee* with *Oxalis corniculata* (*amrul*) the fruits of the Jujub Tree (*ber*) sour curds ginger and the ashes of green barley shoots
- 19 *Chatuhsama Vati* Equal parts of cloves ginger omum seeds (*yavani*) and rock salt are made into a pill mass it is given in doses of 8 grains
- 20 *Chaturbhradi Kwath* The decoction is made of equal parts of *Tinospora cordifolia* (*gudunchi*), the

Atis Root (*ativisha*), ginger and the tubercles of the Nut Grass (*nagarmusta*)

- 21 *Chaturushana Churna* Equal parts of long pepper (*pipli*), the roots (*piplimul*) of the Long Pepper, black pepper and ginger are finely powdered together, the powder is given in doses of 10 to 60 grains twice a day
- 22 *Chobachini Atleh* 20 oz of china root (*chobachini*) and 180 grains each of long pepper (*pipli*) the roots (*piplimul*) of the Long Pepper, black pepper, ginger, cinnamon cloves and *Anacyclus pyrethrum* (*akallak*) are powdered together, the mixture is made into a confection with an equal quantity of sugar, 180 grains of this confection are given each time morning and evening
- 23 *Chobachini Churna* This powder is made of 6 oz. of china root (*chobachini*) 2 oz of sugar and 180 grains each of long pepper (*pipli*), the roots (*piplimul*) of the Long Pepper, black pepper, cloves, *Anacyclus pyrethrum* (*akallak*) ginger cinnamon *Hyoscymus niger* (*khurasani ajwain*) and *Embelia ribes* (*vidanga*) This powder is usually given in doses of 90 grains with tepid water
- 24 *Dadimadya Ghrita* The paste made of 16 lb of the rind of pomegranate fruit, 8 lb of conander seeds (*dhanya*) 4 oz of the roots of *Plumbago zeylanica* (*chitraka*) 4 oz of ginger and 1 oz of long pepper (*pipli*) is cooked with 8 lb of ghee and 32 lb of sugar till the water has evaporated
- 25 *Dadimadi Kwath* This decoction is made of 1 oz of the rind of pomegranate fruit and 1 oz of conessi bark (*kurchi*) it is given with honey
- 26 *Darvadi Kwath* the decoction is made of equal parts of *Berberis asiatica* (*daruharidra*) rasot, *churetta* *Adhatoda vasica* (*lasa*), the tubercles of the Nut Grass (*nagarmusta*) bael fruit (*bilua*) red sandalwood (*rakta chandan*) and the flowers of *Calotropis gigantea* (*akda*), the cold decoction is given with honey twice a day

- 27 *Drakshadi Churna* Equal parts of black raisins, long pepper (*pipili*) and dry dates are powdered together, the powder is taken with *ghee* and honey.
- 28 *Draksha Ghrita* This medicated *ghee* is prepared by boiling 8 lb of *ghee* with 1 lb of grapes and 32 lb of water till all the water has evaporated
- 29 *Eladi Ohurna* The powder is made of 1 part of cardamoms, 2 parts of cinnamon, 3 parts of *Mesua ferrea* (*nagkesar*), 4 parts of black pepper, 5 parts of roasted borax, 6 parts of long pepper (*pipili*) and 20 parts of sugar, the powder is given in doses of 5 to 2 grains three times a day
- 30 *Eladi Pills* A pill mass is made of 180 grains each of cardamoms cinnamon and the leaves of *Cinnamomum tamala* (*tejpatra*) $1\frac{1}{2}$ oz of long pepper (*pipili*) and 3 oz each of sugar, liquorice root (*madhuka*) dates and black raisins with honey, pills each weighing 1 oz, are made out of this pill mass, one pill is to be taken every day
- 31 *Gokshuradi Avleh* 40 oz of the *panchang* of *Pedalum murex* (*gokshuraka*) or of *Tribulus terrestris* (*chhote gokhru*) are boiled with 160 oz of water till the liquid is reduced to 40 oz a syrup of this decoction is made by boiling it with 20 oz of sugar, a confection is made of this syrup by cooking it to a soft consistency with 1 oz each of long pepper (*pipili*), black pepper, cinnamon, cardamoms the flowers of *Mesua ferrea* (*nagkesar*) the leaves of *Cinnamomum tamala* (*tejpatra*), the bark of the *Arjun Tree* (*arjuna*) and cucumber seeds and 2 oz of bamboo manna (*tabashiri*) the dose is about $1\frac{1}{2}$ oz
- 32 *Gudunchu Satva* or *Galo Satva* It is an extract of the twiner *Tinospora cordifolia* (*gudunchi*), the plant that has a thick stem and which twines round a mango or a neem tree is preferred for making the extract the clean thick stem is cut into small pieces, each about two inches long the well washed pieces are lightly crushed and soaked in water in a tinned vessel or a non metallic vessel for 4 to 12 hours, the pieces are well macerated in the infusion and the mixture is vigorously churned, it is then strained and the dregs

are wrung through fine cloth, the strained infusion is left standing undisturbed till all the fine particles of the active ingredients have precipitated at the bottom and the supernatant liquid is clear, the liquid is carefully decanted, fresh water is added to the precipitate, the mixture is churned and left standing undisturbed till the precipitate has again settled at the bottom of the container, the supernatant liquid is again carefully decanted, this process of washing the precipitate or the extract is repeated several times till it becomes perfectly white and completely loses its bitter taste, the clear white extract or *gudunchi satva* is dried before storing it in a bottle, the *satva* is given in doses of 7 to 30 grains

- 33 *Hingashtaka Churna* Equal parts of fried asafoetida ginger, long pepper (*pipli*), black pepper, omum seeds (*yavani*), cumin seeds (*jira*), caraway seeds (*shila jira*) and rock salt are powdered together, the powder is given in 10 to 20 grain doses with butter milk or rice and *ghee*
- 34 *Ithraphala* This preparation consists of equal parts of mature chebulic myrobalan (*harada*) small unripe chebulic myrobalan (*bal harada*) and emblic myrobalan (*amla*) powdered together and mixed with almond oil and honey, it is given in 190 grain doses two hours before meals
- 35 *Kantakariadi Kwath* The decoction is made of equal parts of *Solanum xanthocarpum* (*kantalarika*), ginger, coriander seeds (*dhanya*) and the wood of the Deodar (*devdaru*)
- 36 *Karpurashtak Churna* The *Churna* is made of equal parts of camphor, *trikatu*, cinnamon cubebs (*kabab chini*), nutmeg (*jaiphala*) mace (*javintri*) cloves, *Nardostachys jatamansi* (*jatamansi*) and sugar
- 37 *Kesaradi Churna* This powder consists of 180 grains of saffron 180 grains of nutmeg (*jaiphala*), 1 oz of cinnamon 90 grains of cloves 45 grains of cardamoms, 2 oz of precipitated chalk and 6 oz of sugar, all these ingredients are finely powdered together, the mixture is strained through cloth, 6 to 8 grains of this

powder are given with honey to a child three times a day

- 38 *Kola Churna* This powder is made of the mixture of equal parts of long pepper (*pipli*) the roots (*pipli mul*) of the Long Pepper ginger and the roots of Plum bago zeylanica (*chitraka*) it is given in doses of 10 to 30 grains twice a day
- 39 *Lasuna Kshira* 6 oz of dry skinned garlic are cooked with 2 lb of milk and 16 lb of water till the quantity is reduced to 2 lb the strained liquid is used
- 40 *Lavangadi Churna* There are more than one kind of this powder e.g. i) The mixture of 90 grains each of cloves nutmeg (*jaisphala*) and long pepper (*pipli*) 1 oz of black pepper 6.4 oz of ginger and 8 oz of sugar is powdered it is useful in fever indigestion asthma diarrhoea windiness anorexia bronchitis etc
 ii) Equal parts of cloves ginger and roasted borax are powdered together 20 to 60 grains of this powder are given three times a day in bronchitis
 iii) 3 oz of cloves 2.4 oz of nutmeg (*jaisphala*) 2.4 oz of cardamoms and 180 grains of opium are powdered together the dose of this powder is 90 grains to be given with hot water in cholera dysentery vomiting etc
- 41 *Marichadi Churna* The powder consists of equal parts of black pepper the roots of Plumbago zeylanica (*chitraka*) and black salt (*sanchal*) it is taken with buttermilk
- 42 *Narachi Churna* The powder consists of a mixture of 1½ oz of turpeth root (*nishottar*) 1½ oz of sugar and 180 grains long pepper (*pipli*) it is given in doses of 90 grains with honey
- 43 *Narikelakhand Pak* 6½ oz of well macerated coconut are first lightly fried with 2 oz of ghee and then cooked with 8 oz of sugar and 9 oz of coconut water till the mixture has a thickish consistency a confection is made of this thickish mixture by adding to it 60 grains each of coriander seeds (*dhanya*) long pepper (*pipli*) the tubercles of the Nut Grass (*nagarmusta*) bamboo

manna (*tabashir*), cumin seeds (*jira*) caraway seeds (*shia jira*), cinnamon, cardamoms, the leaves of *Cinnamomum tamala* (*tamalpatra*) and the flowers of *Mesua ferrea* (*naglesar*) The confection is given in doses of 1 to 2 oz

- 44 **Navayasa Churna** This powder consists of equal parts of *trikatu*, *triphala*, the tubercles of the Nut Grass (*nagarmusta*), *Embelia ribes* (*vidanga*) and the roots of *Plumbago zeylanica* (*chitraka*) and 9 parts of pulverized iron, these ingredients are powdered together with *ghee* and honey
- 45 **Nimb Satva** The fresh inner bark of a neem tree is well macerated repeatedly in water and the pulp is squeezed by hand in this water, the mixture is strained through cloth the strained infusion is allowed to stand undisturbed for some time the supernatant liquid is carefully decanted without disturbing the residue that has settled at the bottom of the container, this wet residue or extract is dried in the shade, this shade dried extract is used as a drug
- 46 **Panchkol Churna** The powder consists of equal parts of long pepper (*pipli*), the roots (*piplimul*) of the Long Pepper, ginger, the roots of *Plumbago zeylanica* (*chitraka*) and the stem of *Piper chaba* (*chavila*) The powder is given in doses of 10 to 30 grains twice a day
- 47 **Panchsam Churna** The powder is made of equal parts of chebulic myrobalan (*harada*), long pepper (*pipli*), turpeth root (*nishottar*) rock salt and ginger, it is given in doses of 20 to 40 grains,
- 48 **Panchsar** This is a mixture of milk, honey, *ghee*, long pepper (*pipli*) and sugar, 40 oz of cow's milk are boiled over a slow fire till the quantity is reduced to half, to this boiled milk, when cold, are added 1 oz each of sugar, *ghee* and honey and half an ounce of powdered long pepper
- 49 **Pashanbhedadi Churna** The powder consists of equal parts of *Coleus aromaticus* (*pashanbheda*), *shila jat*, cardamoms and long pepper (*pipli*), it is given in doses of 45 to 90 grains

- 50 *Patoladi Kwath* There are many kinds of this *kwath* the one most useful in fevers and enlargement of the liver and the spleen is made of equal parts of the leaves of *Trichosanthes dioica* (*kadve padval*) conessi bark (*kurchi*) *triphala* the tubercles of the Nut Grass (*nagarmusta*) liquorice root (*madhuka*) *Tinospora cordifolia* (*gudunchi*) *Adhatoda vasca* (*vasa*) the Deodar (*devdaru*) and black raisins the decoction is given in 1 to 2 oz doses
- 51 *Pipaladya Glrita* This medicated oil is prepared by boiling 16 oz of *ghee* 1 oz of long pepper (*pipili*) 6 oz of pomegranate 3 oz. of coriander seeds (*dhanya*) 1 oz of ginger and 64 oz of milk till all the water has evaporated
- 52 *Pipar Churna* The powder of long pepper (*pipili*) is well mixed with the juice of *Tinospora cordifolia* (*gudunchi*), the mixture is dried in the shade this shade dried powder is again mixed with the juice of *T. cordifolia* and dried in the shade this process of alternately mixing the powder with the juice and drying the mixture in the shade is repeated about a couple of dozen times the more often the process is repeated the greater the efficacy of the powder it is given in 15 gram doses
- 53 *Punarvasi tal Kwath* This decoction is made by boiling 45 grains each of the roots of *Boerhaavia diffusa* (*punarnava*) chebulic myrobalan (*hara la*) dry neem bark deodar (*devdaru*) the roots of *Picrorhiza kurroa* (*katuki*) *Tinospora cordifolia* (*gudunchi*) the leaves of *Trichosanthes dioica* (*kadve padval*) and ginger in 13 oz of water till the quantity is reduced to one fourth this whole quantity is taken in small doses in the course of a day
- 54 *Rasayan Churna* The powder is made up of 2 parts of dry emblic myrobalan (*amla*) 2 parts either of *Tribulus terrestris* (*chhote gokhri*) or of *Pedalium murex* (*gokshuraka*) and 1 part of *gudunchi satva* this powder is given in doses of 75 grains with *ghee* and sugar every morning
- 55 *Rasot* or *Rasayan* This is an extract of the stem branches and roots of *Berberis aristata* or *B. asiatica*

- (*daruharidra*); the extract is prepared by boiling the decoction of these parts with an equal quantity of goat's milk till all the water has evaporated and a thickish residue remains; the dried residue is the extract used as a drug; the extract is also prepared by boiling the decoction without the addition of milk; the extract prepared with milk is more efficacious but it does not keep for more than a few weeks. The extract made without goat's milk retains its efficacy for years.
56. *Renukadi Kwath*: This decoction is made of the leaves of *Vitex negundo* (*indrani*) and long pepper (*pipli*); it is given with the addition of a little fried asafoetida.
57. *Saindhavadya Teila*: This medicated oil is prepared by boiling 8 lb. of sesame oil, with 16 oz. of ginger, 6 oz. each of rock salt, long pepper (*pipli*), the roots (*piplimul*) of the Long Pepper and the roots of *Plumbago zeylanica* (*chitraka*), 20 fruits of the Marking Nut Tree (*bhilavan*) and 32 lb. of rice water till all the water has evaporated; the strained oil is used medicinally.
58. *Samsharkar Churna*: The powder is made up of 7 parts of ginger, 6 parts of long pepper (*pipli*), 5 parts of black pepper, 4 parts of the flowers of *Mesua ferrea* (*nagkesar*), 3 parts of the leaves of *Cinnamomum tamala* (*tejpatra*), 2 parts of cinnamon, 1 part of cardamoms 28 parts of sugar; it is given in doses of 45 to 180 grains.
59. *Scadisht Virechan Churna*: This powder consists of flowers of sulphur 1 oz. liquorice root (*madhuka*) 1 oz., fennel seeds (*madhurika*) 3 oz, the leaves of *Cassia angustifolia* (*senna*) 93 oz and sugar 6 oz; this powder is given in doses of 20 to 40 grains with hot water at bed time.
60. *Svalparasuna Pinda*: This mixture is made of 1½ oz. of garlic and 15 grains each of fried asafoetida, cumin seeds (*jira*), rock salt, black salt (*sanchal*), ginger, black pepper and long pepper (*pipli*).
61. *Talisadi Churna*: This powder is made of the leaves of *Abies webbiana* (*talispatra*) 1 part, black pepper 2

parts ginger 3 parts long pepper (*pipili*) 4 parts bamboo manna (*tabashir*) 5 parts cinnamon $\frac{1}{2}$ part cardamoms $\frac{1}{2}$ part and sugar 32 parts it is given in doses of 45 grains

- 62 *Triphaladi Kwath* There are two kinds of this decoction

i) The decoction is made of equal parts of chebulic myrobalan (*harada*) emblic myrobalan (*amla*) beleric myrobalan (*bahira*) the tubercles of the Nut Grass (*nagarmusta*) the wood of *Berberis aristata* (*daruharidra*) and the roots of the Colocynth (*indraparvati*) This decoction is of use in gonorrhoea and urinary diseases

ii) The decoction is made of equal parts of chebulic myrobalan (*harada*) emblic myrobalan (*amla*) beleric myrobalan (*bahira*) *Embelia ribes* (*vaudling*) deodar the tubercles of the Nut Grass (*nagarmusta*) *Ipomoea reniformis* (*akhyani*) and the bark of the Horse Radish Tree (*shugru*) This decoction is taken with powdered long pepper (*pipili*) This decoction is given as an anthelmintic

- 63 *Trivruttadi Churna* The powder consists of 5 parts of turpeth root (*nishottar*) 1 part of ginger and 9 parts of black salt (*sanchal*) 45 to 90 grains of this powder are given in the morning with hot water

- 64 *Udumbar patrasar* The decoction of the leaves of *Ficus glomerata* (*gullara*) and the juice expressed from the boiled leaves are strained through a piece of thick cloth the strained liquid is boiled till it becomes thickish this thickish extract can be preserved indefinitely

- 65 *Vaishvanar Churna* The powder consists of 1 oz each of rock salt impure carbonate of potash and onion seeds (*yavani*) 2 oz of ginger and 4 oz of chebulic myrobalan (*harada*) the powder is given in doses of 45 grains with buttermilk or hot water

- 66 *Vanarvatika* The seeds of the Cowhage (*linvach*) are boiled in eight times their weight of milk these boiled seeds after removing their seed coats are well macerated and mixed with a lot of *ghee* this mixture is made into a pill mass with the addition of a thick

- syrup of sugar; pills, each weighing 90 to 180 grains, are made out of this mixture; they are preserved in honey.
67. *Vasav Avleh*: This confection is made of the *swaras* of the leaves of *Adhatoda vasica* (*vasa*) 8 lb, sugar 2 lb. and long pepper (*pipli*) 6½ oz; these ingredients are cooked together till all the water has evaporated and an extract is formed; this extract, when cold, is well mixed with 2 lb. of honey; this confection is given in doses of 180 to 360 grains
 68. *Vatskadi Kwath*: This is a decoction of equal parts of conessi bark (*kurchu*), the Atis Root (*ativisha*), bael fruit (*bilwa*), the tubercles of the Nut Grass (*nagar-musta*) and the roots of the Khus-khus Grass (*khus*).
 69. *Vavdingadi Churna*. The powder is made of 180 grains each of *Embelia ribes* (*vidanga*), cinnamon, long pepper (*pipli*), and cardamoms, 1 oz of black pepper, 7 oz of ginger and 10 oz of sugar it is given in doses of 180 grains
 70. *Vidari Churna* The powder of dry pieces of the tuberous roots of *Ipomoea digitata* (*vidarikand*) is well mixed with the juice of the fresh tuberous roots of the plant; the mixture is dried in the shade, the dried mixture is again mixed with the juice of the fresh roots and dried in the shade, this process of alternately mixing the powder with the juice and drying it in the shade is repeated a couple of dozen times, the dose of this powder is 45 grains
 71. *Vidarikadi Churna* The powder consists of equal parts of pieces of the dry tuberous roots of *Ipomoea digitata* (*vidarikand*), bamboo manna (*tabashir*), liquorice root (*madhuka*) and long pepper (*pipli*), the powder is given in doses of 90 grains
 72. *Vrudhand Churna*. The powder consists of equal parts of the seeds of the Cowhage (*kinvach*), the fruits of *Tribulus terrestris* (*chhote gokhru*), the roots of *Curculago orchoides* (*mushali*), the roots of the Silk Cotton Tree (*sema*), emblic myrobalan (*amla*) and sugar, it is given in doses of 90 to 180 grains followed by a drink of milk.

- 73 *lavaksharadi Gutika* A pill mass is made of 180 grains of the *kshara* or extract of Barley (*jau*) 1 oz of long pepper (*pipili*) 1½ oz of the bark of the Pomegranate Tree and 6 oz of *gur* pills each weighing 7 grains are made out of this pill mass
- 74 *lavani Shadava Churna* This *churna* or powder is made of 250 grains each of *omum* seeds (*yavani*) tamarind ginger the Bladder Dock (*chula*) and the berries of the sour variety of *Zizyphus jujuba* (*ber*) 180 grains of each of coriander seeds (*dhanya*) black salt (*sanchal*) *Nigella sativa* (*krishnajira*) and cinnamon 100 long peppers (*pipili*) 200 black peppers and 1 lb of sugar these ingredients are finely pulverized the dose of the powder is 90 grains

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Abies webbiana</i> Lindl	talisapatram	talispatra	The East Himalayan Silver Fir
<i>Abroma augusta</i> Linn f		ulatumbal	The Devil's Cotton
<i>Abrus precatorius</i> Linn	gunja	glunchi ratl	Perennial Indian Hemp
<i>Abutilon indicum</i> Sweet	atibala	kanglu	The Clab's Fye
<i>Acacia arabica</i> Willd	babbula	babul khar	The Babul Tree
<i>Acacia catechu</i> Willd	khadirsar	kl air	The Catechu Tree
<i>Acacia concinna</i> DC	saptala	ntha lochi	
<i>Acacia farnesiana</i> Willd	arimtedah	wilayati babul and babul	The Cassie Flower
<i>Acacia latronum</i> Willd	kunkrat	kunkrat	
<i>Acalypha indica</i> Linn	harita manjari	kuppi khokli	Indian Acalypha
<i>Achillea millefolium</i> Linn		luranjasif	The Milfoil
<i>Achras sapota</i> Linn		landana sapota	The Sapota
<i>Achyranthes aspera</i> Linn	apamarga	latjira	Prickly Chaff Flower
<i>Aconitum ferox</i> Wall.	} ativisha	atish	The Aits Root
<i>Aconitum heterophyllum</i> Wall			
<i>Acorus calamus</i> Linn	vacha	bacha	The Sweet Flag
<i>Actinodaphne hookeri</i> Meisen	*	pissa*	
<i>Adansonia digitata</i> Linn	gorikshi	loram aml	The Baob Tree
			Monkey Bread Tree

II

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
dried leaves	powder 6 to 12 grains infus (1 20) 4 to 12 drachms
leaves stem & root bark	root bark <i>suaras</i> 30 to 90 grains powder 20 to 60 grains
leaves seeds & roots	roots powder 5 to 50 grains
all parts of the plant	seeds powder 1 to 2 drachms de coc of bark & seeds 1 10
leaves bark gum pods & seeds	leaves 30 to 60 grains bark in fus & decoc 1; to 2 oz muc daily powder 30 to 60 grains gum 30 to 120 grains seeds 20 to 40 grains
extract bark, wood, flowering tops & gum	extract (catechu) 5 to 20 grains bark & wood powder 10 to 30 grains decoc 1 to 2 oz flowers 10 to 30 grains
pods & leaves	
bark gum leaves, flowers & pods	
fresh roots	$\frac{1}{2}$ to 1½ oz
all parts of the plant	<i>suaras</i> 1 to 4 drachms powder 10 to 30 grains
leaves & flower heads	
bark fruit & seeds	
all parts of the plant	roots 90 to 180 grains as an anti dote 180 grains each time ash 10 to 30 grains <i>kshdr</i> 4 to 8 grains
tuberous roots	as a bitter tonic 4 to 8 grains as a febrifuge 20 to 40 grains before using them medicinally the roots are soaked in cows urine or milk till they become soft
dried root stock	4 to 10 grains as in emetic 60 to 90 grains infus (1 10) 1 to 2 oz
leaves & seeds	
bark leaves & fruit	bark as a febrifuge decoc 1 to 2 oz leaves powder 10 to 15 grams pulp of fruit 30 to 60 grams

III

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Adenanthera pavonina</i> Linn	kunchandana	Larigunchu	The Coral Wood The Red Wood
<i>Adhatoda vasica</i> Nees	vasa vasiki	vasa	The Malabar Nut Tree
<i>Adiantum latulatum</i> Burm	hanspadi hansavati	tanseaj kali jhant	Maiden Hair Fern
<i>Aegle marmelos</i> Corroe	b lwa	bel	The Bael Tree
<i>Agave americana</i> Linn	kantala	rikas patta	Century Plant
<i>Ageratum conyzoides</i> Linn		ughandha * n ankadmari *	Appa Gras The Goat Weed
<i>Ailanthus excelsa</i> Roxb	mahavrux	mahanumb maharukh	Tree-of Heaven
<i>Alangium salvifolium</i> Wang	ankola	akola	
<i>Albizia lebbek</i> Benth	surisha	suris	The Suris Tree
<i>Aleurites moluccana</i> Willd	akshot	jangli akhrot	Belgaum Walnut The Candle Nut
<i>Alhagi pseudalhagi</i> Desv	durlava	jawa-a	The Camel Thorn Persian Manna Plant
<i>Allium cepa</i> Linn	palandu	piyaz	The Onion
<i>Allium sativum</i> Linn	lashuna	lasun	The Garlic
<i>Alocasia indica</i> Schott	manaka	mankanda	The Giant Taro

* Gujarati names

IV

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
leaves, seeds & root bark	
bark, leaves, flowers & roots	leaves <i>suaras</i> 2 to 4 drachms, bark decoc 1 to 2 oz root bark 10 to 30 grains roots 4 to 10 grains flowers 10 to 20 grains
fronds & leaves	20 to 60 grains
leaves, flowers, fruits & root bark	leaves <i>suaras</i> 180 to 360 grains fruit dried pulp 20 to 60 grains usually 10 to 20 grains in dysen- tery root bark 2 to 4 oz a day powder 5 to 45 grains
leaves, gum & roots	
the whole plant	
bark, leaves, fruit & gum	bark powder 45 to 90 grains, infus (1 20) 1 to 2 oz
bark, leaves, flowers, seeds & roots	roots powder 2 to 6 grains as an emetic 6 grains or more, the root is given with rice water
bark, leaves, flowers & pods	bark 12 to 45 grains, seeds 12 grains
seeds	
all parts of the plant and manna	
bulb & seeds	
bulb & seed-oil	
leaves & root stock	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Alocasia macrorrhiza</i> Schott	kasalu hastukarni	kasal i	
<i>Aloe barbadensis</i> Mill	kumari	kumwarpatta	The Indian Aloe The Barbados Aloe
<i>Alpinia galanga</i> Willd	kulanjan sugandha vacha	kulanjan	Greater Galangal
<i>Alstonia scholaris</i> R Br	saptaparna	chhat an	The D tta Bark
<i>Altingia excelsa</i> Noronha	sillbaka	s laras	The Storax
<i>Amaranthus polygamus</i> Linn <i>Amaranthus spinosus</i> Linn	tanduliya	chaudai	
<i>Amomum subulatum</i> Roxb			
<i>Amorphophallus</i> <i>campanulatus</i> Bl	ela surana, arsaghna	bari elachi zamin kand	Greater Cardamom Elephant's Foot
<i>Anacardium</i> <i>occidentale</i> Linn	kajutak	kaju	Cashew Nut Tree
<i>Anacyclus pyrethrum</i> DC	akallak	akarkara karan	Pellitory Root
<i>Anamirta cocculus</i> W & A	kakmari	kakmari	The Fish Berry
<i>Ananas comosus</i> Merr	anannas	anananas	The Pineapple
<i>Anethum sowa</i> Kurz.	shatpushpa	soya ke bija	The Dill Seeds
<i>Annona squamosa</i> Linn	sharifa sitaphala	sarifa	The Custard Apple

VI

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
leaves & root stock	
all parts of the plant	leaves <i>sukas</i> 180 to 360 grains elia (the dried <i>sukas</i>) 2 to 4 grains
root stock & fruit	root stock 5 to 10 grains
bark leaves & milky juice	bark powder 2 to 10 grains decoc. ' to 2 oz leaves $\frac{1}{2}$ to 2 oz
resin	
the whole plant	
seeds	
Underground corm	
bark fruit tar & spurt	
roots	roots 20 to 40 grains
fruit	
fru t	
fruit & essential oil	
all parts of the tree	roots 2 to 5 grains

VII

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Anogeisus latifolia</i> Wall	<i>dhawa</i>	<i>dhawa</i>	The Axle Wood
<i>Anthocephalus indicus</i> A. Rich	<i>kadamba</i>	<i>kadamba</i>	The Kadam Tree
<i>Aphanamixis polystachya</i> Parker	<i>rohutuka</i>	<i>harin harra</i>	Rohita Creeper
<i>Apium graveolens</i> Linn	<i>ajmoda</i>	<i>ajmuda</i>	The Celery
<i>Aquilaria agallocha</i> Roxb	<i>agaru</i>	<i>agar</i>	The Eagle Wood
<i>Arachis hypogaea</i> Linn	<i>bhuchanak</i>	<i>mung phali</i>	Groundnut The Peanut
<i>Areca catechu</i> Linn	<i>poogiphalam</i>	<i>supari</i>	Betel Nut Palm
<i>Argemone mexicana</i> Linn	<i>bramha dandi</i> <i>sigala kantaka</i>	<i>bharbund</i>	Prickly Poppy The Mexican Poppy
<i>Argyrea speciosa</i> Sweet	<i>samudrashosh</i>	<i>samandar ka pat</i>	Elephant Creeper
<i>Aristolochia bracteata</i> Retz	<i>dhumrapatra</i>	<i>kidamari</i>	The Bracteated Birthwort
<i>Aristolochia indica</i> Linn	<i>ishwarimul</i>	<i>ishwarmul</i>	The Indian Birthwort
<i>Artemisia absinthium</i> Linn	<i>indhana</i>	<i>vlayati afsanthin</i>	The Absinthe

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
bark & gum	
bark, leaves & fruit	
bark & oil from seeds	
roots & fruit	
wood	
seeds & oil from seeds	
leaves nuts & roots	seeds 10 to 30 grains
all parts of the plant	roots 60 grains seeds 45 grains oil from seeds 30 grains <i>suaras</i> 40 grains to 1 oz
leaves & roots	roots decoct (1 20) $\frac{1}{2}$ to 1 oz.
all parts of the plant	<i>panchang</i> powder 25 to 50 grains <i>suaras</i> 180 to 360 grains infus (1 10) $\frac{1}{2}$ to 1 oz seeds 30 to 90 grains
all parts of the plant	leaves <i>suaras</i> 30 to 120 grains roots 10 to 30 grains
dried flowering plant	infus (1 10) $\frac{1}{2}$ to 1 oz

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Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Artemisia maritima</i> Linn	gad dhar	kharila	The Santonica
<i>Artocarpus heterophyllus</i> Lamk	panas	katal ar	Jack Fruit Tree
<i>Asperula racemosa</i> Willd	haritara shatam li	ata'ar	
<i>Asteracantha longifolia</i> Nees	kokilaksha	tal nkhana	
<i>Averrhoa carambola</i> Linn	karmara	kharakha	The Carambola
<i>Avicennia officinalis</i> Linn	tu arak	lon bna	White Mangrove
<i>Azadirachta indica</i> A.Juss	nimba	nam	The Neem Tree
<i>Bacopa monnieri</i> Penn	nara brahmi	barambi lamni	The Thyme- Leaved Gratiola
<i>Isolanthes aegyptiaca</i> Delile	ingudi	lungot	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
unopened dried flowers	for children 2 to 10 grains, for adults 60 to 120 grams
leaf buds, bark & fruit	
leaves & roots	roots <i>suaras</i> 180 to 360 grams, decoct (1 20) 1 to 2 oz
all parts of the plant	plant ash 20 to 45 grains roots decoct (1 10) 1 to 2 oz seeds powder 4 to 10 grains larger doses should not be given
fruit & leaves	
bark	
all parts of the tree	leaves <i>suaras</i> 1 to 4 oz powder 10 to 30 grains decoct $\frac{1}{2}$ to 1 oz, inner bark powder 60 grains four times a day with aromatics, decoct 2 to 4 oz root bark powder 60 to 120 grains with aromatics decoct 2 to 4 oz, flowers infus 1 to 3 oz unripe berries powder 60 to 120 grains oil from seeds 4 to 10 drops gum 1 to $\frac{1}{2}$ oz
the whole plant	<i>suaras</i> 90 to 180 grains leaves powder 8 to 16 grains
bark, leaves, fruit & roots	fruit pulp 2 to 10 grains as an expectorant 20 to 60 grains as a purgative

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Bilbo-permum montanum</i> Muell Arg		dantu danti	
<i>Bambusa bambos</i> Drucā	vansh	bars	The Bamboo
<i>Barleria prionitis</i> Linn	kurantak	kat hareya	
<i>Barringtonia acutangula</i> Gaertn	śamudrapāli dhatrīphala	hujal	The Indian Oak
<i>Barringtonia racemosa</i> Roxb	n pa	lujal	
<i>Basella rubra</i> Linn	upodkī, putika	poi	Indian Spinach
<i>Bauhinia racemosa</i> Linn	vanraj ashmantaka	asoda śrīhata	
<i>Bauhinia tomentosa</i> Linn		kachnar	
<i>Bauhinia variegata</i> Linn	kanchanara	kachnar	The Variegated Bauhinia
<i>Benincasa hispida</i> Cogn	kushmanda brahatphala	petla	The Pumpkin Ash Gourd
<i>Berberis aristata</i> DC	daruharidrā	daruhaldi	The Indian Barberry
<i>Berberis asiatica</i> Roxb			

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
leaves, roots & seeds	roots 20 to 45 grains as a purgative
young shoots, leaves, articulations, seeds roots & manna	
the whole plant	leaves <i>sucaras</i> $\frac{1}{2}$ to 1 oz., bark <i>sucaras</i> $\frac{1}{4}$ to 1 oz., powder 45 grains
leaves bark, fruit, seeds & roots	leaves <i>sucaras</i> 1 to 2 drachms, seeds 2 to 5 grains
the whole plant	
leaves & gum	
all parts of the tree	
all parts of the tree	
leaves roots fruit & seed	fruit juice 2 to 4 oz
stem wood, fruit, root bark and rasot	wood <i>infus</i> (1 20) $1\frac{1}{2}$ to 3 oz., root bark <i>decoc</i> $\frac{1}{2}$ to 2 oz., powder 20 to 30 grains <i>sucaras</i> $\frac{1}{2}$ to 1 drachm <i>rasot</i> 10 to 30 grains.

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Boerhaavia diffusa</i> Lin	punarnava	amr	Spreading Hog Weed
<i>Borassus flabellifer</i> Lin	tala	talda	Lalanya Palm
<i>Boerhaavia serrata</i> Roxb	sallaki	salar	Incense Tree
<i>Brassica campestris</i> var rapa Hartm	kila saral ap	sarson kali sarson	Black Mustard } Indian Mustard }
<i>Brassica juncea</i> Czern & Coss	rajika	rai	
<i>Buelantia lantzian</i> Spreng	char	cl arol	Cuddaph Almond
<i>Butea monosperma</i> Kuntz	palasa	pala a	The Flame of the Forest
<i>Cadaba farinosa</i> Forsk	asal sarah*	lodhab	The Indian Cadaba
<i>Cresalpinia creta</i> Linn	put karanj	katukaranja	The Bonduc Nut
<i>Cresalpinia digyna</i> Rottl	ghrutkaranj	vankeri mul	Ten Pod
<i>Cajanus cajan</i> Mill p	tuvri adl aki	arhar	The Pigeon Pea

* Arabic name

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
the whole plant	roots powder 45 to 180 grams
leaf buds fruit seeds seedlings juice from the spadix bark & roots	
gum resin	10 to 20 grams
leaves seeds & oil from seeds	seeds 30 to 60 grains as an eme- tic oil from seeds 1 to 4 drachms
all parts of the tree	
bark, leaves flowers seeds & gum	flowers plant 180 to 360 grains seeds half or one seed as an en- thelmantic 30 to 60 grains for adults 4 grains for children gum 4 to 10 grams
leaves & flower heads	
bark leaves roots & seeds	leaves sugar 1 to 3 oz root bark 10 to 15 grains, seeds 10 to 20 grains
leaves & thick knotted roots	leaves sugar 180 to 360 grains thick knotted roots 30 to 60 grains roots boiled in milk keep for a long time
leaves & seeds	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Calamus rotang</i> Linn	vetra	chachi bet	The Rattan Cane
<i>Calophyllum inophyllum</i> Linn	punnaga	sultan champa	Alexandrian Laurel
<i>Calotropis gigantea</i> R Br		akdi	
<i>Calotropis procera</i> R Br			
<i>Cannabis sativa</i> Linn	vijaya bhang	biang charas ganja	The Indian Hemp
<i>Capparis decidua</i> Edgew	karira	kurrel	The Caper Plant
<i>Capsicum annum</i> Linn	marich	lalmarich	The Chilli Red Pepper
<i>Cardiospermum</i> <i>halicacabum</i> Linn	vyotishmati karnasphota	kanphuti	Baloon Vine
<i>Carica papaya</i> Linn		papaya	The Papaya Papaw Tree
<i>Carissa carandas</i> Linn	karamardi kanachuka	karundi	The Karunda
<i>Carthamus tinctorius</i> Linn	kusumbha	kusum	The Safflower
<i>Carum carvi</i> Linn	sushavi	shua jira	Caraway Seeds
<i>Cassia absus</i> Linn	aranyakulittika	el alsu	

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
leaves & stem	
bark leaves seeds & gum resin	
leaves flowers root bark & latex	inner root bark 4 to 12 grains as an emetic 30 to 60 grains leaves sugar 2 to 8 drops dried latex 1 to 4 grains
all parts of the plant	rhizome 2 to 4 grains for children upto 20 grains for adults charas $\frac{1}{2}$ grain
all parts of the plant	the plant 45 grains
fruits & seeds	seeds $\frac{1}{2}$ to 1 grain
all parts of the plant	leaves sugar 2 to 3 oz root de coc (1:10) 4 to 10 drachms
leaves fruit seeds & latex	leaves powder of shade dried leaves 1 to 2 grains in the form of a phant dried latex 2 to 4 grains with the juice of fresh ginger with or after meals
fruit	
all parts of the plant	
fruit	powder 10 grains infus (1:10) 1 to 2 oz
leaves & seeds	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Cassia alata</i> Linn	dadruhna	dadmurdan	Ringworm Shrub
<i>Cassia angustifolia</i> Vahl	bhumari	senna	The Indian Senna
<i>Cassia auriculata</i> Linn	charmaranga	tarwar	Tanner's Cassia
<i>Cassia fistula</i> Linn	aragvadha suvarnaka	amaltas	Indian Laburnum Purgine Cassia
<i>Cassia occidentalis</i> Linn	kasamardda	kasondi	Negro Coffee
<i>Cassia sophera</i> Linn	kasmardda	kasunda	Senna Sophera
<i>Cassia tora</i> Linn	dadmani	chakund	Fetid Cassia
<i>Cayratia carnosia</i> Gagnep	amalparni	ramachana amalvel	
<i>Cedrus deodara</i> Loud	devadaru	devadaru	The Deodar
<i>Ceiba pentandra</i> Gaertn	sveta salmai	safed semal	Kapok Tree
<i>Celastrus paniculatus</i> Willd	vyotishmati kanguni	malkangni	
<i>Celosia argentea</i> Linn	vitunna	si faid murgha	Quail Grass

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
leaves flowers & seeds	
leaves & pods	leaves infus (1 10) 1 to 1 oz
all parts of the plant	leaves infus (1 20) 1 to 2 oz root decoc (1 20) 2 to 8 drachms seeds 60 grains pan chang one teaspoonful
leaves flowers pods & root bark	pods pulp 45 to 90 grains root bark 25 to 90 grains
leaves seeds & roots	leaves 6 to 90 grains
leaves bark & seeds	leaves 90 grains
leaves seeds & roots	leaves decoc (1 10) 2 oz.
tubercles on the roots	
bark wood leaves & turpentine	wood powder 45 to 90 grains, turpentine 10 to 40 drops
all parts of the tree & gum	
leaves seeds & oil	oil 2 to 10 drops as a diuretic 10 to 30 drops
seeds & roots	

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Glossary of the herbal drugs mentioned in the text.

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Centella asiatica</i> Urb	brahmi manduka parni	brahmi	Indian Pennywort
<i>Centratherum</i> <i>anthelminticum</i> Kuntze	somaraj	somaraj kala jira	Wild Cummin
<i>Chenopodium album</i> Linn	vastuk	bethu sag	Lamb's Quarters The Goose Foot
<i>Chrysanthemum</i> <i>indicum</i> Linn	sevanti	guldaudi	Chrysanthemum
<i>Cicer arietinum</i> Linn	harimanth, chanaka	chana	The Gram
<i>Cinnamomum</i> <i>camphora</i> Nees & Eberm	karpura	kapur	Camphor Tree
<i>Cinnamomum tamala</i> Nees & Eberm	tejpatra tamalpatra	tejpat	The Indian Cassia Lignea
<i>Cinnamomum</i> <i>zeylanicum</i> Blume	twacha	taj daldhini	Cinnamon
<i>Cissampelos pareira</i> Linn	patha	nirbisi alanadi	The False Pareira Brava
<i>Cissus quadrangularis</i> Linn	ashtisandhan	hadjod	The Edible stemmed Vine

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
all parts of the plant	leaves 5 to 10 grains three times daily plant extract 1 to 5 drops gradually increased to 15 drops decoc (1 20) 1 to 2 oz ¹ <i>sucaras</i> 2 to 4 drachms syrup 1 drachm roots 5 to 10 grains
all parts of the plant	leaves <i>sucaras</i> $\frac{1}{2}$ to 1 oz seeds 90 to 180 grains as an anthelmintic 10 to 30 grains as a tonic
leaves branches & flowers	
florets	plant 1 to 2 oz the plant is prepared by infusing 225 grains of the florets in 10 oz of boiling water
seeds & acid exudation on leaves	
extract	
bark, leaves & essential oil dried inner bark & essential oil	leaves 20 to 45 grains
bark & essential oil	bark 6 to 60 grains oil 4 to 3 drops
leaves & root bark all parts of the plant	root bark 60 to 90 grains stem <i>sucaras</i> 180 to 360 grains powder 20 to 40 grains

Glossary of the herbal drugs mentioned in the text.

Hindi Names	English Names	Latin Names	Sanskrit Names
<i>Citrullus colocynthis</i> Schrad.	indravaruni	Indrayan	The Colocynth
<i>Citrullus vulgaris</i> Schrad.	kaling, tarambuja	tarbuj	The Watermelon
<i>Citrus aurantifolia</i> Swingle	nimbuk	kaghzi nimbu,	The Lemon, Lime
<i>Citrus medica</i> Linn	bijpur	bijora	The Citron
<i>Citrus reticulata</i> Blanco	narang, airata	narangi	The Orange
<i>Cleome icosandra</i> Linn.	suryavarta, arkakanta	hur hur	Wild Mustard
<i>Clerodendrum inerme</i> Gaertn	kundali	sangkupi, lanjai	The Garden Quinine
<i>Clerodendrum phlomidis</i> Linn. f.	agnimantha, vataghni	arni	
<i>Clerodendrum serratum</i> Moon.	bharangi	bharangi	•
<i>Clitoria ternatea</i> Linn.	aparajita	aparajit	
<i>Coccinia indica</i> Wt. & Arn.	sweta bimba	kanduri	The Ivy Gourd

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Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
roots dried pulp of the fruit without the seeds, oil from seeds	roots powder 6 grains
fruit, seeds without seed coats	
fruit	
fruit & oil	
flowers fruit & oil	
all parts of the plant	
leaves & roots	leaves & roots <i>svaras</i> $\frac{1}{2}$ to $\frac{3}{4}$ oz, infus & decoc (1 10) $\frac{1}{2}$ to 1 oz powder of roots 45 grains
leaves & roots	leaves <i>svaras</i> $\frac{1}{2}$ oz, root bark 45 to 90 grains
leaves & roots	leaves 20 to 45 grains, higher doses given in cough
roots & seeds	root bark 60 to 120 grains to be given as a <i>phant</i> with liquonice root roasted seeds 20 to 60 grains with ginger
leaves, bark roots & fruit	leaves decoc (1 10) $\frac{1}{2}$ to 1 oz, bark dried 30 grains, roots <i>svaras</i> 60 to 180 grains powder 45 to 90 grains

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Cocculus hirsutus</i> Diels	patalgarudi	jamti ki bel	
<i>Cochlospermum</i> <i>religiosum</i> Alston		galgal, gumbi	Yellow Silk Cotton Tree
<i>Cocos nucifera</i> Linn	narikela	nariyal	Coconut Palm
<i>Coleus aromaticus</i> eBath	pashanbheda	pakhanbheda pathorchur	Indian Borage
<i>Colocasia esculenta</i> Schott	kachu	arvi	The Taro
<i>Commiphora mukul</i> Engl	guggul	gugal	The Indian Bdellium Tree
<i>Coptis teeta</i> Wall		mamira	Gold Thread
<i>Corchorus capsularis</i> Linn	kalashaka	narcha	The Jute Plant Jew's Mallow
<i>Corchorus olitorius</i> Linn	mahachandu	pat, koshta	
<i>Cordia dichotoma</i> Forst f	bahuvaraka	lasora	Sebesten Plum
<i>Cordia rothii</i> Roem & Schult	laghu- shleshmataki	gundi	
<i>Coriandrum sativum</i> Linn	dhanyak	dhanya	The Coriander
<i>Crataeva nurvala</i> Buch Ham	varuna	barna kanwal	The Garlic Pear
<i>Croton asiaticum</i> Linn	nagadamni	pindar	Poison Bulb

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
leaves & roots	roots decoct 4 to 5 oz powder 25 to 90 grains
leaves & gum	
all parts of the palm oil and fermented juice	
leaves & roots	leaves <i>svaras</i> $\frac{1}{2}$ to 1 drachm roots 20 to 45 grains
leaves & root stock	
gum resin	
dried roots	
leaves & seeds	leaves infus. (1 20) 1 to 2 oz., seeds 60 to 80 grains
bark & fruit	
bark & fruit	bark (shade-dried) 60 to 90 grains
leaves & fruits	
bark, leaves & root bark	
leaves & fresh bulb	bulb <i>svaras</i> 2 to 4 drachms as an emetic syrup 2 drachms as an emetic for children

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Crocus sativus</i> Linn	kesar	ke ar	The Saffron
<i>Crotalaria juncea</i> Linn	shana	sana	The Sann Hemp
<i>Croton tiglium</i> Linn	brahdanti jayapala	jamalgota	Purging Croton
<i>Cucumis melo</i> Linn	kharbuza	kharbuja	Musk Melon
<i>Cucumis melo var memordica</i> Duthie & Fuller	ch bhatika ervaru	phut	
<i>Cucumis sativus</i> Linn	karkatti sukasa	kh ra	The Cucumber
<i>Cucurbita maxima</i> Duch	dahipbala	lal kumra, mitha ka ldu	Red Gourd
<i>Cucurbita pepo</i> Linn	gud ogpl ala kurkaru	kumra safed kaddu	The Pumpkin Vegetable Marrow
<i>Cuminum cyminum</i> Linn	j rak	jira	Cumin seeds
<i>Curculigo orchoides</i> Gaertn	musli	kali mishi	Black Musale
<i>Curcuma amada</i> Roxb	karpura ha draam	haldi	Mango-ginger

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
dried stigmas & tops of styles	10 to 20 grains infus (1 80) 1 to 4 oz
leaves, seeds & roots	seeds 45 to 90 grains infus (1 10) 1 to 2 oz
roots seeds & oil from seeds	roots 10 to 30 grains seeds 2 to 5 grains, oil from seeds upto 1 drop
seeds & pulp of fruit	
seeds	
fruit & seeds	
fruit, fruit stalk & seeds	
fresh seeds & leaves	shelled seeds 30 to 60 grains.
fruit & essential oil	fruit 10 to 40 grains
root stock	45 to 90 grains

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Curcuma aromatica</i> Salih	vanhandra	van lal h jungl l ald	Wild Turmeric, The Yellow Zedoary
<i>Curcuma longa</i> Litn	haridra	laldi	The Turmeric
<i>Curcuma zedoaria</i> Rose	karchur sati	kacl ur	The Zedoary
<i>Cuscuta reflexa</i> Roxb	amaryallari	aka vel	The Dodder
<i>Cyamopsis tetragonoloba</i> Taul	gauran bakuchi	gowar ki pl ali	Cluster Bean
<i>Cyclea amottii</i> Mers	patha	padha	
<i>Cyclonta oblonga</i> Mill	amnicphala	l l	The Quince
<i>Cymbopogon citratus</i> Stapl	llustrina	gandhatrina	Lemon Grass
<i>Cymbopogon martinii</i> Watts	roh sa	gandh bel	Rusa Oil
<i>Cynodon dactylon</i> Pers	lantali	harali dhub	Dhub Grass
<i>Cyperus rotundus</i> Litn	nagarmusta	nagarmotha, notha	The Nut Grass
<i>Dalbergia sissoo</i> Roxb	sh nshapa	sissoo sh sham	Sissoo Tree
<i>Dalbergia volubilis</i> Roxb		alai bhatia	

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Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
root stock	.
root stock	<i>sugar</i> 1 to 2 drachms, powder 10 to 60 grains.
root stock	
whole plant	
leaves, pods & seeds	
roots	powder: 12 to 25 grains; decoc. 1 to 2 oz.
fruit & seeds	
the whole plant & oil	leaves: plant 4 oz. in 1 pint of boiling water, oil: 3 to 6 drops.
oil	
the whole plant	
tubercles	
bark, leaves & mucilage	
bark & roots	

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Glossary of the herbal drugs mentioned in the text.

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Datura innoxia</i> Mill <i>Datura metel</i> Linn <i>Datura stramonium</i> Linn	dhatura	dhatura	Thorn Apple
<i>Daucus carota</i> var sativa DC	garjar	गुजर	The Carrot
<i>Delphinium denudatum</i> Wall	apavisha	judwar urbi	
<i>Dendrophthoe falcata</i> Ettings	vandak	banda	The Loranthus
<i>Desmodium gangeticum</i> DC	shalaparni	salpan sarvan	
<i>Dioscorea bulbifera</i> Linn	baralukand	ratulu	Potato Yam
<i>Diospyros peregrina</i> Gurke	tinduki	tendu	Wild Mangosteen
<i>Dipterocarpus</i> <i>turbinatus</i> Gaertn f		gurjan	Common Gurjan Tree
<i>Dolichos biflorus</i> Linn	kulitha	kulthi	The Horse Gram
<i>Dryobalanops</i> <i>aromatica</i> Gaertn f		barus kapur bhimsaini kapur	Borneo Camphor
<i>Echinops echinatus</i> Roxb	urkataka kantalu	takatara	Camel's Thistle
<i>Eclipta alba</i> Hassk	bhringraja	bhangra	

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
all parts of the plant	leaves 1 to 3 grains for smoking 10 to 30 grains the dose being increased very gradually powder 10 to 30 grains twigs 10 to 30 grains seeds 1 to 2 grains To begin with a small dose should be given it may be gradually increas ed according to the capacity of the patient
<u>fleshy tap root & seeds</u>	
tuberous roots & seeds	
leaves & flowers	leaves 2 to 4 grains
the whole plant •	powder 5 to 15 grains decoc 1 to 2 oz
tubers	45 to 90 grains
bark, fruit & seeds	
oleo resin	upto 20 drops
seeds	
concrete & liquid oil	
leaves roots & fruits	leaves <i>sucras</i> 30 to 60 drops roots 45 to 90 grains bark in fus & decoc 1 to 2 oz
the whole plant	<i>sucras</i> 60 to 180 grains powder 45 to 90 grains

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-Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Elephantopus scaber</i> Linn.	gojihva	gobhi	
<i>Elettaria cardamomum</i> Maton	ela	chhoti elachi	Cardamom Plant
<i>Eleusine corocana</i> Gaertn	rapka, ragi	makra, makri	Indian Millet
<i>Embelia ribes</i> Burm. f.	vidanga		
<i>Emblia officinalis</i> Gaertn.	amalaki, amruta	emla	Emblie Myrobalan
<i>Erythraea coronaria</i> Stapf.	pinditagaru	tagara, chandni	Wax Flower
<i>Erythrina variegata</i> Linn var. <i>orientalis</i> Merrill.	mandar	mandar, dadap	Indian Coral Tree
<i>Eupatorium tripli- nerve</i> Vahl		ayapana	
<i>Euphorbia antiquorum</i> Linn.	tridhar, vayrakantaka	tridhara thochar, tridhara sehund	Spurge Cactus
<i>Euphorbia hirta</i> Linn	dughika, pusitoa	dudhi	
<i>Euphorbia nerifolia</i> Linn.	snuhi	thohar, sehund	
<i>Euphorbia tirucalli</i> Linn.		khurasani thochar	

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
all parts of the plant	panchang suaras 180 to 360 grains, powder 10 to 45 grains
seeds	powder 10 to 20 grains
seeds	
berries	90 to 40 grains for adults 6 to 12 grains for children to be given with milk decoc (1 10) ½ to 1 oz, liquid extract 6 to 240 grains
leaves, root bark, and fruits	
leaves, roots, flowers & latex	
leaves & bark	
all parts of the plant	
stem, roots & root bark	juice of roasted stem 360 grains for adults, 45 grains for children
stem	suaras 10 to 20 drops with water after meals, powder 4 to 10 grains
all parts of the plant	roots 4 to 8 grains juice 2 to 5 drops, latex 1 to 2 grains
latex & suaras	

Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Evolvulus alsinoides</i> Linn.	shankhpushpi, yishnugandhi	shankhahula	
<i>Egonia cretica</i> Linn.	duralabha, dusparsha	dhamasa, ustarkhar	Cretan Prickly Clover
<i>Feronia limonia</i> Swingle	kapitha	kawitha	Wood Apple Tree
<i>Ferula nartex</i> Boiss & other species	hunguka	hung	The Asafoetida
<i>Ficus bengalensis</i> Linn.	vata	bada	Banyan Tree
<i>Ficus carica</i> Linn.	anjira	anjira	The Fig Tree
<i>Ficus hispida</i> Linn. f.	kakdumbar	katumbari, katgular	
<i>Ficus racemosa</i> Linn.	udumbara	gullara	The Gular Fig, Country Fig Tree
<i>Ficus religiosa</i> Linn.	ashvatthi	pipalvrux	Pipal Tree, The Bodi Tree
<i>Ficus tsiela</i> Roxb.	pippari, kansanica	jari, pakri	
<i>Flacourtia jangomas</i> Raeusch.	panyamalak, pracnamalak	paniamalak	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
the whole plant	<i>sugaras</i> 180 to 360 grains powder 45 to 90 grains
	leaves & twigs infus 2 to 4 oz
leaves, bark fruits & gum	leaves $\frac{1}{2}$ to 1 drachm fruit 1 to 2 oz
gum resin from live root stocks	fried gum resin 5 to 15 grains
leaf buds leaves bark figs latex & aerial roots	
figs	
roots & figs	
leaves bark latex & figs	bark 90 to 180 grains figs 2 to 4 figs latex 10 to 20 drops with sugar & milk
leaves bark root bark & latex	
bark & latex	
all parts of the plant	

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Foeniculum vulgare</i> Mill	madhunka shatpushpa	bari saunf	The Fenne
<i>Fumaria vaillantii</i> Loisel	parpat, kshetraparpat	pitrapada shaitara	
<i>Garcinia indica</i> Chois	raktapurka	vishabala,	Kokum Butter Tree
<i>Garcinia mangostana</i> Linn		mangustan	Mangosteen Tree
<i>Garcinia morella</i> Desr	kankustam, tamala	gotaghanba	Gamboge Tree
<i>Cardenia gummiifera</i> Linn f	nadihingra	dikamali	
<i>Gardenia lucida</i> Roxb			
<i>Gloriosa superba</i> Linn	agnimukhi langli	kalihari	Superb Glory Climbing Lily
<i>Glycyrrhiza glabra</i> Linn	madhuka, yashti madhu	mulhathi, jathumadh	Liquorice Root
<i>Gmelina arborea</i> Roxb	kashmary, gambhari	kumbhar	Coomb Teak
<i>Gossypium arboreum</i> Linn	karpas	lapas nurma	Cotton Plant
<i>Gossypium herbaceum</i> Linn			

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
roots, fruits & oil	fruit 10 to 40 grains, oil 5 to 10 drops
the whole plant	20 to 60 grains
leaves, bark, fruit & concrete oil	
leaves, bark & fruit	fruit decoc of the rind (1 20) 1 to 4 oz., powder of the rind 10 to 60 grains, extract of the pulp 3 to 10 grains, syrup of the pulp $\frac{1}{2}$ to 1 drachm
gum resin	2 to 6 grains
<i>gum-resin</i>	1 to 4 grains
leaves & tubers	tubers 2 to 4 grains
roots & root-extract	roots 10 to 30 grains, root-extract 30 to 60 grains
fruit & root bark	
leaves, fruits & roots	leaves <i>swaras</i> 1 to 2 drachms, root bark 10 to 30 grains

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Grewia asiatica</i> Linn	dhanawana purusha	phalsa	
<i>Grewia populifolia</i> Vahl	nagbala	gangan phalsa	
<i>Grewia tiluifolia</i> Vahl	dhanawana	phalsa, dhamun	
<i>Guizotia abyssinica</i> Cass	knsi nat l	ram til kala til	Niger Seeds
<i>Gynandropsis gynandra</i> Briquet	suryavarta tilparni	lurhur, karal a	Cravalla seeds
<i>Gynocardia odorata</i> R Br	kushthapa	chaalmugra	Chaulmugra
<i>Hedychium spicatum</i> Ham	shathu karchura	kapurkachari	Lesser Galangal
<i>Helianthus annuus</i>	suras mukhi	suraj-mukhi	S m Flower
<i>Helicteres rosa</i> Linn	rangalta mriga shinga	marodphali	The East Ind a Screw Tree
<i>Heliotropium indicum</i> Linn	hastisunda	lat sura	Heliotrope
<i>Hemidesmus indicus</i> R Br	ananta, anantamul	migrabu	The Indian Sarsaparilla
<i>Hibiscus esculentus</i> Linn	bhinditaka	bhundi	Ladies Finger The Okra
<i>Hibiscus rosa sensis</i> Linn	japa joba		The Shoe Flower

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
<i>roots & fruits</i>	
roots	45 to 180 grains wit hmlk or honey.
bark	inner bark juice 180 to 360 grains.
seeds	
•	
all parts of the plant	<i>panchang suaras</i> 90 to 180 grains
seeds & oil	oil 5 to 10 drops gradually increas- ed to 30 to 60 drops, to be taken after meals
dried root stock	12 grains
seeds	
roots & fruits	fruits 5 to 45 grains
the whole plant	leaves 30 to 60 grains
roots	powder 10 to 60 grains, decoc 1 to 2 oz
fruits & seeds	
leaves roots, flowers & flower buds	

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Hibiscus sabdariffa</i> Linn		patwa lalambari	Red Sorrel
<i>Holarrhena antidysen-</i> <i>terica</i> Wall	kurchi	karchu indrajaya	Conessi Bark
<i>Holostemma annulare</i> K Schum	arkapushpi	andhahuh chhurvel	
<i>Hordeum vulgare</i> Linn	yava	javagodhi	The Barley
<i>Hyoscyamus niger</i> Linn.	khurasani, parsik yamani	khurasani ajwan	Indian Henbane
<i>Hyssopus officinalis</i> Linn		zufah yabis	The Hyssop
<i>Ichnocarpus frutescens</i> R.Br	sariva	dudhu sama lata	Black Creeper
<i>Indigofera tinctoria</i> Linn	nilika nilini	nil	The Indigo
<i>Ipomoea hederacea</i> Jacq	nulpushpi	kaladana	Morning Glory
<i>Ipomoea</i> <i>paniculata</i> R Br	vidankand	vidankand	

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
red calyx & fruit	
bark, leaves, roots & seeds	bark decoc 2 to 4 oz, powder 20 to 90 grains seeds powder 5 to 15 grains, decoc of 45 to 90 grains
roots	
seeds & kshara	kshara 10 to 25 grains
the whole plant	leaves powder 4 to 10 grains (the dose is gradually increased), seeds powder 4 to 10 grains (larger doses should not be given)
leaves & flowering branches	
leaves, stalks & roots	
the plant & the dye	plant suaras 2 oz, roots 1 to 2 grains, dye 1 o 2 grains
all parts of the plant	plant suaras 90 to 180 grains, roots powder of the dried juice of the fresh roots 10 to 12 grains, powder 45 to 90 grains
tuberous roots	juice 1 to 1½ oz, dried root 180 grains

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Ipomoea pes-caprae</i> Sw	manadvēl	manadvēl do-pat lata	The Goat's Foot Creeper
<i>Ipomea reniformis</i> Cl oys	akhupani	musakani	
<i>Iris germanica</i> Linn	pushkarni padma pushkara	keore-la mul	
<i>Jasminum</i> <i>auriculatum</i> Vahl	yuthuka magadhi	jithi	
<i>Jasminum</i> <i>officinale</i> Linn var <i>grandiflorum</i> Bailey	jati	chambell	Spanish Jasmine
<i>Jasminum sambac</i> Art	mathika varshuki	motia mugra	Arabian Jasmine
<i>Jatropha curcas</i> Linn	kanana-eranda	jangh-erandi, bagberenda	Physic Nut
<i>Juglans regia</i> Linn	akshota	aki rota	Walnut Tree
<i>Kalanchoe pinnata</i> Perce	asthabhakshi	zaki m e-hayat	Air Plant
<i>Lactuca serriola</i> Linn		kali	The Lettuce
<i>Lagenaria</i> <i>siceraria</i> Standl	katukumb alabu	kalvi tumbi kasi phala	The Bitter Bottle Gourd
<i>Lannea grandis</i> Engl		jangan manu	Wodier Wood

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
leaves & roots	
the whole plant	sugaras 180 grains powder 10 to 20 grains
root stock	
leaves	
leaves & flowers	leaves sugaras 3 to 10 drops
leaves flowers & roots	
leaves seeds & oil	
all parts of the tree	
leaves	
seeds	
leaves roots fruits & seeds	fruit dried pulp 2 to 4 grains
leaves bark & gum	

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Luffa cylindrica</i> (Linn.) M. Roem.	doshka	ghila torai	
<i>Luffa echinata</i> Roxb.	devdal, koshaphala	bidali	Bristly Luffa
<i>Madhuca indica</i> Gmel.	madhuca	mahuva	Mohwa Tree
<i>Mallotus philippin-</i> <i>ensis</i> Muell- Arg	kampillaka, rechanaaka	kamala	Indian Kamla
<i>Mangifera indica</i> Linn.	amra	am	The Mango Tree
<i>Marrynia annua</i> Linn.		bichhu, hathajori	Tiger's Claw
<i>Melia azedarach</i> Linn.	mahanimb	bakayan	Persian Lalac
<i>Mentha longifolia</i> Huds.	rudina	phodina	The Mint
<i>Mesua ferrea</i> Linn.	nagkesar	nagkesar	Iron Wood Tree
<i>Michelia champaca</i> Linn.	champaka	champaka	Yellow Champa
<i>Mimosa pudica</i> Linn.	lajja	lajalu, lajwanti	The Sensitive Plant
<i>Mimusops elengi</i> Linn.	bakul	borsali, bakul	Indian Medlar

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
seeds	
all parts of the plant	seeds 2 to 4 grains
leaves, bark flowers fruits & oil from seeds	
leaves roots & hairs on the fruit	hairs on the fruit 10 grains for children 45 to 90 grains for adults larger doses should not be given
leaves, bark fruits & gum resin	bark 1 to 2 drachms fruit juice 1 to 4 oz, seeds 30 to 60 grains
fruit & leaves	
all parts of the tree	
the whole plant	
bark flowers & fruit	flowers 30 to 120 grains
all parts of the tree	bark plant 1 to 2 oz, powder 10 to 20 grains as a febrifuge
leaves & roots	
bark, flowers, fruit & oil from seeds	

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Mimusops hexandra</i> Roxb.	rajadani	khirni	
<i>Mirabilis jalapa</i> Linn.	nakta, krishnakeli	gulabbas	Four-o'-Clock Flower
<i>Momordica charantia</i> Linn.	karyalli, sushavi	kareila	Butter Cucumber
<i>Momordica dioica</i> Roxb.	yabisa	khelhsa	
<i>Morinda citrifolia</i> Linn.	achutavruksh, ashyuka	al, ach	
<i>Moringa oleifera</i> Lam.	shigru, sobhanyana	sahajana	Horse Radish Tree, The Drum Stick Tree
<i>Morus acedosa</i> Griff.	tut, shalmal	tut	Mulberry Tree
<i>Mucuna prurita</i> Hook.	markati, atmagupta	kinvachi	Cowhage
<i>Musa paradisiaca</i> Linn.	kadali	kel	Plantain Tree, Banana Tree
<i>Myrica nagi</i> Thunb.	katphala	kaiphala	Box Myrtle, The Bay Berry
<i>Myristica fragrans</i> Houtt.	jatiphala	jaiphala	Nutmeg Tree

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
bark & seeds	
leaves & roots	
leaves, fruits, seeds & roots	leaves <i>sugar</i> 1 to 2 drachms for adults, 15 to 16 grains for child ren
tuberous roots & fruits	roots 1 to 5 drachms
leaves, fruits & roots	leaves 90 to 180 grains, ripe fruit 10 to 30 grains, roots 45 to 90 grains
all parts of the tree & gum	bark fresh 1 to 2 drachms, powder 2 to 5 grains root bark 60, to 120 grains
leaves, bark root & fruit	
leaves, pods, seeds & roots	pods confection of the hairs, 1 to 3 drachms powder 1 to 3 grains, seeds 5 to 15 grains, roots <i>sugar</i> 1 to 1 drachm
all parts of the plant	
bark	15 to 30 grains with honey or the juice of fresh ginger
dried seeds (nutmeg), anillus (mace), wood & oil	dried seeds 10 to 20 grains anillus 10 to 20 grains, oil ½ to 3 drops

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Nardostachys jatmansii</i> DC	jatmansii	eliach	Indian Spikenard
<i>Nelumbo nucifera</i> Gaertn	kamal	kamal	Sacred Lotus
<i>Nerium indicum</i> Mill	karavira	kanera	The Oleander
<i>Nicotiana tabacum</i> Linn	tamakhu	tamaku	Tobacco Plant
<i>Nigella sativa</i> Linn	najai	kalajira	Small Fennel The Black Cumin
<i>Nyctanthes</i> <i>arborescens</i> Linn	pariyataka	barsingar	Coral Jasmine
<i>Ocimum basilicum</i> Linn	surasa	babuntulsi	Sweet Basil
<i>Ocimum sanctum</i> Linn	tulsi	tulsi	The Holy Basil
<i>Onosoma bracteatum</i> Wall		gaozaba shankhahuli	
<i>Operculina turpethum</i> Silva Manso	nishottar, trupta	nishoth	Turpeth Root
<i>Opuntia dillenii</i> Haw	kanthari vidara	nagphani thoar	Prickly Pear
<i>Orchis latifolia</i> Linn & other species	salim kand	salab misri	Salap Orchid
<i>Oroxylum indicum</i> Vent	syonaka	arlu	

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
root stock & oil from the root stock	root stock phant 1 to 2 oz, three times a day powder 10 to 20 grains decoct (1 8) $\frac{1}{2}$ to 1 oz
all parts of the plant	flowers powder 45 to 90 grains phant $\frac{1}{2}$ to 1 oz seeds after removing the embryo 45 to 90 grains root stock 90 to 180 grains
roots	root bark not more than 2 grains
dried leaves & stalks	
dried fruit & seeds	fruits 90 to 270 grains
leaves bark flowers & seeds	leaves <i>suaras</i> $\frac{1}{2}$ to 1 drachm 2 to 4 leaves bark decoct $\frac{1}{2}$ too 2 oz powder 8 to 12 grains
all parts of the plant	leaves <i>suaras</i> 30 to 60 grains
all parts of the plant	leaves <i>suaras</i> 180 grains to 1 $\frac{1}{2}$ oz in a day seeds 20 to 50 grains
the whole plant	plant 1 to 2 drachms
stem, root bark & dried roots	roots 60 grains only the white variety of this plant should be used as a drug the black variety is poisonous
stem fruit & roots	fruit syrup 1 to 2 drachms
tubers	
leaves bark tender fruit & root bark	bark powder 5 to 15 grains root bark infus or decoct (1 10) $\frac{1}{2}$ to 1 oz powder 20 to 40 grains to be given with <i>trikatu</i>

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Oryza sativa</i> Linn	shali	chaval	Rice Plant
<i>Oxalis corniculata</i> Linn	amlaka	amrul	Indian Sorrel
<i>Pandanus tectorius</i> Sol	ketki	keora	Screw Pine
<i>Papaver somniferum</i> Linn	ahphena	aphum, khushkhus	Poppy Plant
<i>Pedaliium murex</i> ^a Linn	gokshuraka	bade gokhru	
<i>Peganum harmala</i> Linn	,	harmal lohari	Syrian Rue
<i>Peristrophe bicalcu</i> <i>r. lata</i> Nees	kakjangha	masi	
<i>Phaseolus mungo</i> Linn	mudga	mung	Green Gram
<i>Phaseolus radiatus</i> Linn	masha	udad	Kidney Bean The Black Gram
<i>Phoenix dactyli</i> <i>fera</i> Linn	khaqur	pinckhajur	Date Palm
<i>Phyllanthus niruri</i> Linn	bhumyamalki	bhuya ambla, jar amla	
<i>Pterorhiza kurroa</i> Royle	katuki	kutaki	
<i>Pimpinella anisum</i> Linn	shatapushpa	saonf	The Anise, The Aniseed
<i>Pinus gerardiana</i> Wall.	chuda	chulgoza, rui	Edible Pine
<i>Pinus roxburghii</i> Sargent	sarala	char	The Char Pine
<i>Piper betle</i> Linn	nagvalli tambuh	nagarvel, pan,	Betel Leaf Vine

^a *Pedaliium murex* Linn. and *Tri-
calculus terrestris* Linn. have identi-
cal medicinal properties and one
is used exactly in the same way as
the other

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

Parts used	Doses
husks & seeds	
the plant	1 to 2 drachms
flowers fruits & roots	
flowers, capsules seeds & inspissated juice	juice (opium) $\frac{1}{2}$ to 1 grain
all parts of the plant	leaves powder 180 grains with milk & sugar fruit 1 to 1½ oz as a decoct or phant 10 to 30 grains as a narcotic upto 60 grains
seeds	
leaves & roots	leaves suaras 90 to 180 grains roots powder 25 to 35 grains
seeds	
seeds	
fruits & seed	plant powder of the panchang 20 to 45 grains roots 180 grains
all parts of the plant, dried root stock	5 to 20 grains
fruits & essential oil	
seeds	
wood & oleo-resin	
leaves & roots	leaves suaras 1 to 2 drachms

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Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Piper chaba</i> Hunter	chavika	chali	
<i>Piper cubeba</i> Linn f	sugandla muricha kankol	kabab-chune	Cubeba
<i>Piper longum</i> Linn	ppli	pipal	Long Pepper
<i>Piper nigrum</i> Linn	maricha	kalu murich galmurcha	Black Pepper
<i>Pistacia integerrima</i> Sew	karakata shringi	kakdas ringi	
<i>Pistacia vera</i> Linn	abhishuk	pista	Pistachew Nut
<i>Pistia stratiotes</i> Linn	gundala kumli h ka	gondal jalkumbli	Tropical Duck Weed
<i>Pithecollobium dulce</i> Benth		vilayati imli vilayati chinel	
<i>Plantago ovata</i> Forsk Stew		ispaghula	The Ispagl
<i>Plumbago indica</i> Linn	chitraka	lal chitra	Rosy Leadwort
<i>Plumbago zeylanica</i> Linn	chitraka	chitraki	White-flowered Leadwort
<i>Plumeria rubra</i> Linn var acutifolia Bailey	shwetel ampaka	gulci in	Pagoda Tree The Temple Tree
<i>Logostemon</i> parviflorus Benth		phanujaka	
<i>Polyalthia</i> longifolia Benth & Hook f	ashoka mandar	ashoka	
<i>Polyanthes tuberosa</i> Linn	maranj ka	gulchhadi	Tuberose

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
fruits	
fruits	30 to 60 grains larger doses should not be given
dried immature berries & roots	
dried unripe fruit	5 to 10 grains
galls on leaves	10 to 20 grains
seeds aromatic oil & leaf galls	
leaves & roots	leaves 30 to 120 grains
bark	
seeds	90 to 180 grains decoct $\frac{1}{2}$ to 2 oz.
dried roots	2 to 8 grains
bark, leaves flowers & latex	
leaves & roots	
bark	
bulbs	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Pongamia pinnata</i> Merr	karanja	karanja	Indian Beech
<i>Portulaca oleracea</i> Linn	chivilallika, lonika	kulfa	The Purslane
<i>Portulaca quadrifida</i> Linn	upadyki	kulfa chhota luniya	
<i>Prunus amygdalus</i> Batsch	vatada badama	badama	
<i>Prunus cerasoides</i> D Don	padmaka	padam	Almond Tree
<i>Prunus domestica</i> Linn	aruka	alu bukhara	Bokhara Plums
<i>Prunus mahaleb</i> Linn	pryanger		
<i>Psidium guajava</i> Linn	bahubija	amrud	Guava Tree
<i>Psoralea corylifolia</i> Linn	bakuchi	bavachli	Babchi Seed
<i>Pterocarpus marsipium</i> Roxb	bjak	bijasar, bija	Gum Kino Tree
<i>Pterocarpus santalinus</i> Linn f	raktachandan	raktachandan	Red Sandal Wood
<i>Punica granatum</i> Linn	dadima	anar	Pomegranate Tree
<i>Putranjiva roxburghii</i> Wall <i>Quercus Infectoria</i> Oliv	putranjivaka mayaphala	jivaputra majuphala	Gall Nuts
<i>Quisqualis indica</i> Linn		rangan ki bel	Rangoon Creeper
<i>Randia dumetorum</i> Lam	madana	mainphala	Emetic Nut

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
all parts of the tree & oil from seeds	
all parts of the plant	
shells ripe seeds & oil from seeds	
wood	powder 10 upto 30 grains preferably as an infusion poisonous in larger doses
dried fruits	2 to 4 dried fruits
keracels	
bark leaves & fruits	bark decoe 1 to 2 oz leaves powder 10 to 30 grains
seeds & oil from seeds	seeds powder 5 to 20 grains
bark & gum	bark 45 to 90 grains gum 4 to 10 grains
wood	
all parts of the tree	bark decoe 1 to 2 oz fruit decoe of rind 1 to 2 oz. root bark (1 10) 1 oz as an anthelmintic
leaves & inner bark	inner bark 50 to 60 grains
galls & bark	galls 10 to 20 grains three to four times a day
leaves gum & seeds	
bark & fruit	fruit 5 to 10 grains as an expecto- rant 40 grains as an emetic

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APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Raphanus sativus</i> Linn	mulaka	m li	The Radish
<i>Rauwolfia</i> <i>serpentina</i> Benth	sarpagandha	chikota chand chandra	Serpentine The Serpent Wood
<i>Rheum emodi</i> Wall.	revutchini	revandel ni	The Indian Rhubarb
<i>Rhus coriaria</i> Linn		tatrik much	Sumac
<i>Ricinus communis</i> Linn	erand	arand	Caster Oil Plant
<i>Rosa damascena</i> Mill	taruni shatapatni	gulab	The Rose
<i>Rostellularia</i> <i>procumbens</i> Nees	relu		
<i>Rubia cordifolia</i> Linn	manjistha	rajath	Indian Madder
<i>Rumex vesicarius</i> Linn	chukra	chukra	Bladder Dock
<i>Rungia repens</i> Nees	parpatha	kharmor	
<i>Ruta graveolens</i> Linn	sarpadanshta somalata	sitav sadab	Common Rue

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APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
leaves tap-root & seeds	leaves <i>suaras</i> 1 to 2 oz as a diuretic and lithontriptic seeds 1 to 2 drachms roots <i>suaras</i> 1 to 2 drachms powder 10 to 30 grains decoct 1 ot 2 oz
roots	20 to 30 grains twice a day for adults with aromatics
gum & roots	roots 2 to 10 grains if given repeatedly, 15 to 30 grains if given in one dose
leaf galls	5 to 20 grains
leaves roots seeds & oil	root bark <i>suaras</i> 1 to 4 oz, decoct 1 to 2 oz oil 1 to 8 drachms for adults 1 drachm for children
flower buds & flowers	plant <i>suaras</i> 90 to 180 grains powder 45 to 90 grains as decoct or infus
the whole plant	
roots	10 to 30 grains three times a day for contracting the uterus 30 grains every three or four hours as an emmenagogue
the whole plant	
the whole plant	4 to 12 drachms in fever & cough
the whole plant & volatile oil	plant <i>suaras</i> 30 to 60 grains powder 10 to 20 grains three times a day the dose can be increased upto 60 grains volatile oil 1 to 4 drops

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
Saccharum officinarum Linn	ikshu	ganda, ganna	Sugar Cane
Salvia mähārīca Sch & End	shalmali	semal	Silk Cotton Tree
Salvadora persica Linn	pilu	chhota pilu	Tooth Brush Tree
Sansevieria roxburghiana Schult f	brihatpilu		
Santaloides	murva	murva	
Stemmadia Scellenb	vridha	vidhara	
Santalum album Linn	chandana	chandan	Sandalwood Tree
Sapindus trifolatus Linn	arsht	nitha	Soap-nut Tree
Saraca indica Linn	ashoka	ashoka	Ashoka Tree
Saussurea lappa C B Clarke	kushth	kuth	Costus Tree
Scindapsus officinalis Schott	gajapippali	gajapippal	
Semecarpus anacardium Linn f	bhallataka	bhulavan	The Marking Nut Tree

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
all parts of the tree	leaves <i>succas</i> 180 to 360 grains with honey as an expectorant, bark decoc (1 20) $\frac{1}{2}$ to 1 oz, roots bark juice 1 to 2 drachms
gum resin	20 to 30 grains
all parts of the plant	roots <i>succas</i> 1 to 2 oz powder 20 to 40 grains
root stock	powder 45 to 90 grains, decoc 2 to 4 oz
the whole plant	
fruits	
all parts of the plant	leaves <i>succas</i> 120 grains to 360 grains
all parts of the plant	plant <i>succas</i> 30 to 120 grains, de coc 1 to 2 oz, leaves <i>succas</i> 45 to 90 grains with honey, roots 20 to 40 grains
bark	60 grains
all parts of the plant	plant <i>succas</i> 1 to 2 drachms de coc 1 to 2 oz powder 5 to 20 grains, -owers powder 40 grains, roots powder 20 grains

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Sterculia urens</i> Roxb	kutaj	balika	karai
<i>Stereospermum personatum</i> Chalt	patala	padar	
<i>Stereospermum suaveolens</i> DC			
<i>Streblus asper</i> Lour	shakhotaka	rasa siora	
<i>Strychnos nuxvomica</i> Linn.	vishtinduka visha mushti	kuchla	Nux vomica Tree
<i>Strychnos potatorum</i> Linn f	kataka	nirmali	The Clearing Nut Tree
<i>Swertia chirata</i> Bach Ham	kurataukta kariata	bhuchureta kariyatha	Churetta
<i>Symplocos racemosa</i> Roxb	lodhra	lodhia	The Lodh Tree
<i>Syzigium aromaticum</i> Merr	lavangtha	laung	Clove Tree
<i>Syzygium cumini</i> Skeels	jambu	jaman	Jambul Tree
<i>Tamarindus indica</i> Linn	chuncha tinnini	unli	Tamarind Tree
<i>Tamarix gallica</i> Linn	shavuka	ghau	The Tamarix

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
bark & gum resin	bark 10 to 90 grains, gum resin, 5 to 12 grains
roots	45 to 90 grains
roots and milky juice	roots powder 5 to 10 grains
leaves, wood, bark & dried ripe seeds	seeds the skin and embryo are removed before the seed is used internally, to remove the skin & embryo the seed is fried or soaked in cow's urine for a week, the urine being changed twice a day 1 to 3 grains of this seed are given
fruit & seeds	fruit 30 grains as an emetic; 10 to 15 grains as a demulcent, seeds $\frac{1}{2}$ to 1 seed
the whole plant	powder 10 to 40 grains, phant $\frac{1}{2}$ to 1 oz, decoc 2 to 4 oz
leaves & bark	bark 10 to 30 grains decoc (1 20) 2 to 4 oz
flower buds fruit & oil	
leaves, bark, fruits & seeds	leaves <i>swaras</i> 2 to 4 drachms, bark <i>swaras</i> 2 to 4 drachms, seeds 5 to 15 grains
all parts of the tree	leaves decoc 2 to 4 oz, fruit without seeds 2 drachms
bark, galls & manna	galls powder 4 drachms, infus 1 to 2 oz, manna 4 drachms

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Latin Names</i>	<i>Sanskrit Names</i>	<i>Hindi Names</i>	<i>English Names</i>
<i>Tecomella undulata</i> Seem		rugtrora	
<i>Tectona grandis</i> Linn f	shak	sagvan	Teak Tree
<i>Tephrosia purpurea</i> Pers	sharpunkha	sarp'hoka	Purple Tephrosia
<i>Terminalia arjuna</i> W & A	arjuna	ka iha arjun	Arjun Tree
<i>Terminalia belerica</i> Roxb	bahura	bal edan bahera	The Beleric Myrobalan
<i>Terminalia catappa</i> Linn	grahadruma	jangli badam	Indian Almond
<i>Terminalia chebula</i> Retz	haritaki asana	harada harit	Chebulic Myrobalan
<i>Terminalia tomentosa</i> W & A	saradru	asana	The Sam
<i>Tetrameles nudiflora</i> R Br	sandhuvrux		
<i>Thespesia populnea</i> Sol	parisha	purvasu paraspipal	Tulip Tree
<i>Tinospora cordifolia</i> Miers	gudunchi	gilancha	
<i>Trachyspermum ammi</i> Sprague	yavani ajamoda	ajvan	The Omum, The Bishop's Weed
<i>Trapa bispinosa</i> Roxb	srungatak	shungade	Water Chestnut
<i>Tribulus terrestris</i> * Linn	vanshrungataka	chhote gokhru	Small Calthrops

* *Tribulus terrestris* Linn and *Pedicularis murex* Linn have identical medicinal properties one plant is used exactly in the same way as the other

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>
root bark	45 to 90 grains
all parts of the tree & oil from the nuts	bark 90 to 200 grains
leaves, roots & seeds	leaves 1 to 2 drachms, roots 10 to 45 grains, seeds, 10 to 45 grains
bark & leaves	bark powder 10 to 30 grains; de- coc 1 to 2 oz
bark & fruits	bark 45 grains, fruits (without seeds) 15 to 40 grains
bark, leaves & fruit	
dried fruit	
bark & gum	90 to 180 grains
bark	
all parts of the tree	
all parts of the plant & fecula	plant <i>succas</i> 1 oz, stem decoc 4 oz, infus 1 to 4 oz, leaves pow- der $\frac{1}{2}$ to 1 drachm <i>succas</i> 2 to 4 drachms, decoc. $\frac{1}{2}$ o 2 oz., fecula 5 to 15 grains, root 15 to 20 grains as an emetic
leaves, root & fruit	fruit 45 to 90 grains
seeds	
all parts of the plant	leaves <i>succas</i> 1 to 2 drachms de- coc $\frac{1}{2}$ to 1 oz, fruit 2 to 4 grains of the inner pulp of the fruit

APPENDIX III

Glossary of the herbal drugs mentioned in the text

Latin Names	Sanskrit Names	Hindi Names	English Names
<i>Trichosanthes fracteata</i> Vaigt	indrayaruni mahakala	badhu indrayan lal indrayan	Bitter Apple
<i>Trichosanthes cucumerina</i> Linn	patola katupatoli	kadve padval, jangli-chichonda	
<i>Trichosanthes dioica</i> Roth	patola	parval	
<i>Trigonella foenum graecum</i> Linn	methica	methi	Fenugreek
<i>Triticum aestivum</i> Linn	goghuma	gehun	The Wheat
<i>Tylophora indica</i> Merr	anthrapachaka	antamula	Country Ipecacuanha
<i>Urena lagopoides</i> DC	prushtiparni	pithavan daula	}
<i>Urena picta</i> Desv	chitraparni	dabra	
<i>Urginea indica</i> Kunth	vana palundam	jangli pyaz	Indian Squill
<i>Vanda roxburghii</i> R Br	rasna	rasna	
<i>Vernonia cinerea</i> Less	shhadevi	sal adev	Ash coloured Fleabane
<i>Vetiveria zizanioides</i> Nash	valuk ushira	khus khas	Khus khus Grass

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

<i>Parts used</i>	<i>Doses</i>	<i>i</i>
roots & fru t	fruit ripe 15 to 45 grains roots 1 to 2 grains three times a day	
all parts of the plant		
all parts of the plant		
all parts of the plant		
seeds & fecula		
all parts of the plant	leaves dried 30 to 40 grains as an emetic 5 to 10 grains as an ex pectorant & diaphoretic	
the whole plant		
bulbs		
roots		
all parts of the plant	leaves <i>succas</i> 180 to 360 grains roots 15 to 60 grains	
roots root stock & essential oil	roots & root stock powder 5 to 30 grains phant 2 drachms in 10 oz of water infus (1 40) 1 to 2 oz essential oil 1 to 2 drops	

APPENDIX III

Glossary of the herbal drugs mentioned in the text.

Hindi Names	English Names	Latin Names	Sanskrit Names
Vigna cylindrica Skeels	chavala, rajamasha	chowli, lobia rattanor	The Cowpea Periwinkle
Vinca rosea Linn. Viola odorata Linn.	nilapushpa	banaf shah	The Violet
Viscum album Linn.		bunda	
Vitex negundo Linn.	indrani, nirgundi	nirgundi	Indian Privet
Vitis vinifera Linn.	draksha	draksha, angur	Grape Vine
Withania somnifera Dunal	ashwagandha	asgandha	Winter Cherry
Woodfordia fruticosa Kurz.	dhataki	dhai	
Xanthium strumarium Linn.	aristha	chhota- gokhru	The Cocklebur
Zea mays Linn.	mahayavanala	mikka, bhunte	The Maize, The Indian Corn
Zinziber officinalis Rose.	ardrak	adrakh	The Ginger
Zizyphus jujuba Lam.	badri	ber	Jujub Tree
Zizyphus sativa Gaertn.	unab	unab, kandiaci	

APPENDIX III

Glossary of the herbal drugs mentioned in the text

<i>Parts used</i>	<i>Doses</i>
seeds	
all parts of the plant /	
all parts of the plant	
leaves & berries	
all parts of the plant	leaves <i>suaras</i> 180 to 360 grains with aromatics, powder 45 grains, root bark 10 to 30 grains
berries	tubercles on the roots
leaves & roots	roots 45 to 180 grains
leaves & flowers	flowers 60 to 120 grains
all parts of the plant	/
cobs	
root stock	<i>suaras</i> $\frac{1}{2}$ to 2 drachms, powder 5 to 20 grains
bark leaves roots & fruit	
dried fruit	

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